

TRUE LOVE

**BUM OUT!
BUTTS ARE
TRENDING**

Page 102

JULY 2015 / NO 437

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**WAYS TO
BURN BELLY
FAT FAST**

MUST READ

**FIGHT
TO KEEP
YOUR
MAN**

**SEX
MOVES
MEN LOVE**

You'll want to
try them all!

6

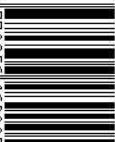
Simple
tricks
your
skin will
thank
you for
Page 88

BONNIE

**"NO ONE IS
GOING
TO DICTATE
CHRISTIANITY
TO ME"**

Happily divorced and taking back her life

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and dark circles.

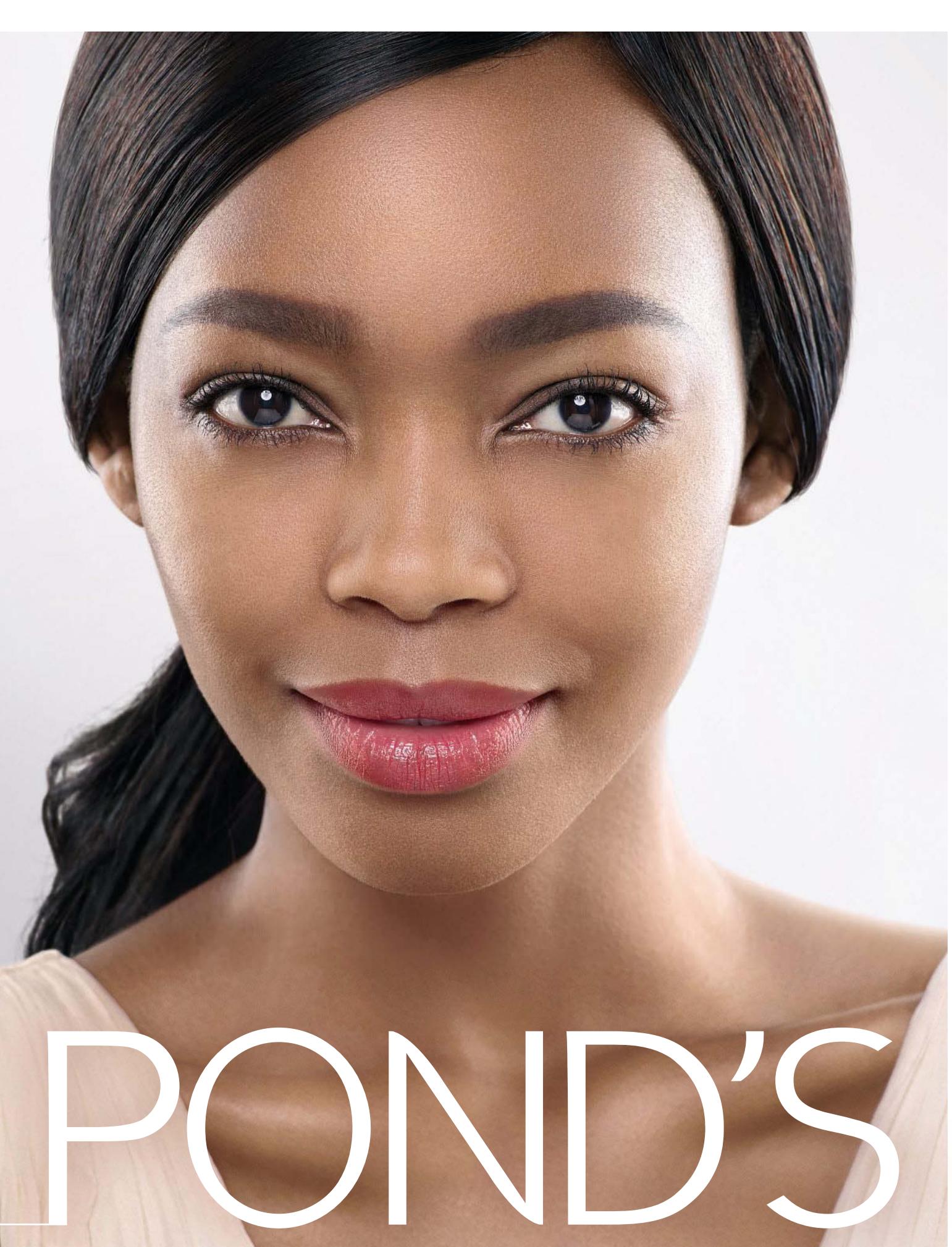
OUTSIDE:
+ Even skin tone
+ Fade dark marks
+ Fade dark circles
= INNER GLOW



* Within the stratum corneum
VERNE P03 1152 2705



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f t e p m in

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THE LOOK FOR LESS

TRUELOVE

July 2015

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On the cover:
Bonnie wears a **leather jacket** by Guess, **shorts** from Woolworths and her own **accessories**.

On this page:
She wears a **leather jacket** by La Manche, **shorts** from Woolworths and her own **accessories**.

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BVLGARI



AQVA

THE LUXURY FRAGRANCES
FOR MEN AND WOMEN

TRUE LOVE

July 2015

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COMPETITION AND GIVEAWAY RULES

- 1.** The judges' decision is final and no correspondence will be entered into.
- 2.** The prizes are not transferable and may not be converted into cash.
- 3.** You may send in as many entries as you wish.
- 4.** If possible, please supply a residential rather than a PO Box address, as entries sent by registered post will not be collected.
- 5.** Staff members of Media24 (Ltd), as well as their advertising agencies and immediate family members, may not enter.
- 6.** Winners indemnify and hold TRUE LOVE Media24 (Ltd) harmless against any liability, claim, damage or loss resulting from participation and winning of prizes.
- 7.** By entering you agree to receive further communication and direct marketing material from Media24 (Ltd).
- 8.** Letter of the month chosen at editor's discretion, and the winner will be notified telephonically.
- 9.** Winners are drawn randomly by computer.
- 10.** Prizes may differ from picture.
- 11.** Allow for six to eight weeks for delivery.
- 12.** SMSes cost R1,50 and free SMSes do not apply.



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HELLO FRIENDS

I swear by the power of mentorship because I wouldn't be where I am today, doing the job that I enjoy, if it weren't for

the generosity of people like *Ausie Nthabi*, who took me under her wing after I'd failed matric. I was disillusioned and didn't want to repeat a class with learners younger than me.

Moreover, I didn't know what to do with my life. But *Ausie Nthabi*, a neighbour and former teacher, gave me the courage to go back to school. She analysed my report and made me understand that I wasn't dumb, but rather inclined to move towards the arts. I went back to school and, with her constant guidance and support, I passed and ended up pursuing a career in media. I believe that's what mentors do best; they see your full potential.

Since then, I have met more women like *Ausie Nthabi*, who've shared their wisdom and showed me the ropes to take my career to greater heights.

Another woman who strongly believes in the power of mentorship is South Africa's first black female chartered accountant and businesswoman, *Nonkululeko Gobodo*. In our careers article on page 106, *Gobodo* talks about the importance of imparting wisdom and knowledge to others. She is a shining example of what good mentorship can achieve. As women who've climbed the corporate ladder, it's important that we pay it forward. I'm currently mentoring young girls who are starting out in the careers, passing on the baton of knowledge to them. I feel a sense of pride and celebrate whenever my mentees achieve their goals, overcome challenges and break new ground. In the words of the late Maya Angelou: "In order to be a mentor, and an effective one, one must care. Know what you know and care about the person you're sharing with..."

Here's to another great issue. Enjoy the read.

Dudu

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brightening for
a more luminous,
even-toned skin.

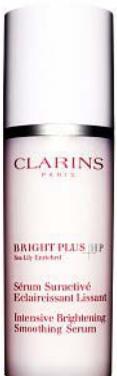
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Serum only: **80%** of South African women agree that the intensity of dark spots is visibly reduced*.

Routine: **96%** of South African women agree that their complexion looks brighter**.

*Consumer test on 191 South African women, 4 weeks of usage serum. **Consumer test on 168 South African women, 4 weeks of usage routine (Serum & Day cream & Night cream).



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CLARINS

MY SWEET TREAT

I picked up the April issue of *TRUE LOVE* magazine at the doctor's rooms as it was the most recent mag on the table. Every page caught my attention with relevant stories for real women who are like me – abused, have low self-esteem, and are dealing with motherhood, as well as fashion pages and beauty tips. I'm of mixed race and I'm the "black sheep" in the family. It was wonderful to turn the pages of your glossy mag and discover a range of beauty products and tips that catered for my caramel skin. Thanks, *TRUE LOVE* – I have found my sweet treat!

Sam Adams via email

TRUE LOVE ROCKS

I've always been a committed reader of *TRUE LOVE*. When I was young, I couldn't afford to buy my own copy, but I'd make sure to get hold of it. Now I can afford to buy the mag and still love reading every section, from fashion to food.

In the June issue, I really enjoyed reading the story about Coco Chanel. As a fashion lover, I was interested to find out about how she started her business and the history of the Chanel No 5 perfume. Keep up the marvellous job! **Hlanganani Sono** via email



Lerato Lekalakala
Just got the copy. I love Phuti.

Janine Bernadine Adams
Phuti looks stunning!

Keitumetse Isabel Monageng
Phuti is still as pretty as ever!

Lebohang Maseko
Refreshing to see Phuti Khomo on a TL cover! She still looks amazing.

Thandi Nkosi
Phuti's story was really inspiring.
Thanks for sharing *TRUE LOVE*!



@amilove_lefex

After reading @PhutiKhom's @TrueLoveMag article, I felt so inspired. It's a well-written piece and such an amazing story.

@Rtiztik

Oh my word! I love you Phuthi Khomo. You look gorgeous on the cover of @TrueLoveMag June issue. This should be the cover of the year!

@Cici_berry

The styling on the fashion pages of the June issue of @TrueLoveMag is perfect! Winter style stays superior!

SEND YOUR VIEWS TO **TRUE LOVE**, PO BOX 784696, SANDTON, 2146;
EMAIL LETTERS@TRUELOVE.CO.ZA; TWEET US @**TRUELOVEMAG**;
OR POST YOUR MESSAGE ON OUR FACEBOOK PAGE.

TRUELOVE

ALL A WOMAN NEEDS

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80 % of South African women who used *Bright Plus Intensive Brightening Smoothing Serum* agree that the intensity of dark spots is visibly reduced.*

HIDE

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*Consumer test on 191 South African women – 4 weeks of serum usage. **Satisfaction test – 60 women.

CLARINS



Perfect PAIR

BRING A BIT OF COLOUR AND PLAYFULNESS to your outfits with winter's MUST-HAVE accessory, GLOVES.

BY SIYAMTHANDA MTSHEMLA



IMAGE Gallo Images/Getty Images STILLS Candice Dingwall Supplied STOCKISTS Country Road (012 290 2500) Edgars (011 685 7000) Fashion Express (011 286 1616) Forever New (016 9275) Foschini (011 685 1400) Net-a-Porter (www.net-a-porter.com) Pringle (011 783 4355) River Island (011 214 7781) Stuttafords (011 783 5212) Woolworths (0864 196 4465)



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SNEAK UP

From slip-ons to athletic trainers, sneakers are the latest high fashion MUST-HAVE ITEM of the year.

BY SIYAMTHANDA MTSHEMLA

The High Top

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FEEL
REVEAL

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CHIRAG WAKASKAR

Sweaters in bold patterns, textures and colours can be paired with almost anything. Lay them together or with other items for an on-trend style.

Wear with

OUR FAVE SWEATERS

Here's the best of this *TRENDY AND FUNCTIONAL* basic.

BY SIYAMTHANDA MTSHEMLA



R450 Foschini

Ed's pick

A leopard print sweater is always a winner. Pair it with a black pencil skirt or cigarette pants for a formal look.



R450 Foschini



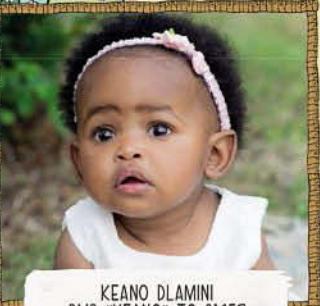
R999 Country
Road

MEET OUR CUTEST 12 FINALISTS FOR 2015!

ninetycards AFRIQUE



Southern Africa's BABY OF THE YEAR **2015**



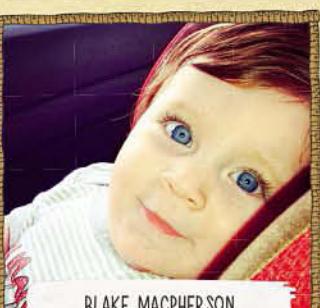
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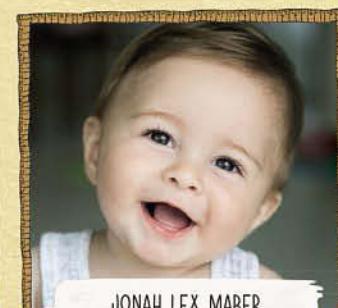
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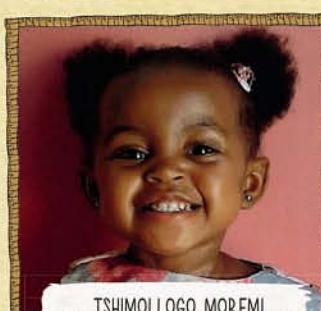
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JONAH LEX MABER
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SMS 31457 TO VOTE NOW!*

Visit www.ackermans.co.za to see more about the finalists.



f t y in



I work as a direct marketing executive at a leading hospitality company. I consult various blue chip companies on new media strategies, I'm a budding photographer, an avid fashion enthusiast, I create content for Wakoyo.tv, and recently I've been blogging to showcase my personal style and all the beautiful places in South Africa. My work is my art, my contribution to society, and a reflection of who I am.

My style is influenced by Christine Centenera, Phoebe Philo, Margaret Zhang, Liz Lizo and Kate Moss. It's uncomplicated, unapologetic, and a reflection of my mood. I'm drawn to the sophisticated rock chic: black is my favourite shade, maybe with some white thrown in. I also love wearing hats – anything from corporate styles to creative designs.

My style icons are Phoebe Philo for Céline (I like her no-fuss style of fashion that's comfortable for the modern

STUD EARRINGS COMPLETE ANY OUTFIT.

woman); Lisa Folawiyo for her interesting use of prints and fashion-forward styles; and Maxhosa by Laduma – I could live in those jerseys.

My fashion regrets are plastic shoes. I have bought them a few times, and I always ask myself why.

Style is part self-knowledge and part self-confidence. It's your attitude, showing the world who you are, both on the outside and in spirit. It should never be confused with fashion.

I often have dreams of visiting Leipzig in Germany. I lived there with my mom when I was young.

I recently discovered Mon Petit Throbb restaurant in Fourways. It has an artisanal bakery, and the eclectic decor reminds me of Paris. The food is just delicious. I also love Thomas Maxwell Bistro in Parkmore.

Maroon Céline flats are comfortable, and are smart enough in any outfit. ■

NOTHING BEATS COMFY SHOES.



MARGARET ZHANG INFLUENCES MY STYLE.

A WELL-CUT BLAZER IS A MUST-HAVE ITEM

EVERY WOMAN SHOULD HAVE A PAIR OF BLACK PANTS.

A WELL-CUT BLAZER IS A MUST-HAVE ITEM



I COULD LIVE IN MAXHOSA BY LADUMA JERSEYS.

MY LIFE IN FASHION

Influenced by the likes of Kate Moss, MATSIE UZORKA is unapologetic about her style. We get to know her more.

BY SIYAMTHANDA MTSHEMLA



MON PETIT THROBB IS MY FAVE HANGOUT SPOT.



COMFY PUMPS LOOK SMART AND WORK WITH ANY OUTFIT.

MY FAVOURITE SCENT IS COCO MADEMOISELLE. A CHANEL BAG WAS MY FIRST FASHION BUY.



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THE MUST-HAVE SKIRT

Whether plain or striped, the *MIDI* is the perfect *DAY TO NIGHT SKIRT*.

BY SIYAMTHANDA MTSHEMLA



Kim Kardashian



Solange Knowles



Rita Ora

THE WOW FACTOR
Our obsession with the midi skirt is rooted in the universally straight silhouette that flatters where it matters the most.



@willikatelady

SEXY BUT CLASSIC
The flattering and elegant midi skirt is back in fashion and suits most shapes and styles. This winter, pair it with a knit for a chic office look or wear it with a poncho or jacket for a fun night out. Dress it up with a statement coat and heels.



Janelle Monae



@queen_nuh



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Ed's Fave

We love the new Chanel Les Beiges Healthy Glow Multicolour Marinier, R855. It's made to be the "striped top of the complexion", with the lighter shade for highlighting and the darker shade for contouring. Use separately or together for an effortless glow.

BEAUTY NEWS

Indulge in the LATEST
TRENDS and STYLES from
the WORLD OF
BEAUTY.

BY MBALI SOGA

SEXY SCENT

Now that Victoria's Secret has reached our shores, look out for its range of scents. Our favourite this month is the Love Me Eu de Perfum, R699. The floral scent's base note, narcissus, only grows in the Aubrac region of France and it takes 800 000 flowers to make a kilo of the absolute oil. Don't say we didn't tell you.



Must-GET

We've been raving about the season's oh-so-hot berry lips and can't wait for you to try this lovely new addition. The Elizabeth

Arden Beautiful Color Moisturizing Lipstick in **Matte Rose Petal**, R220, is pure velvety goodness.



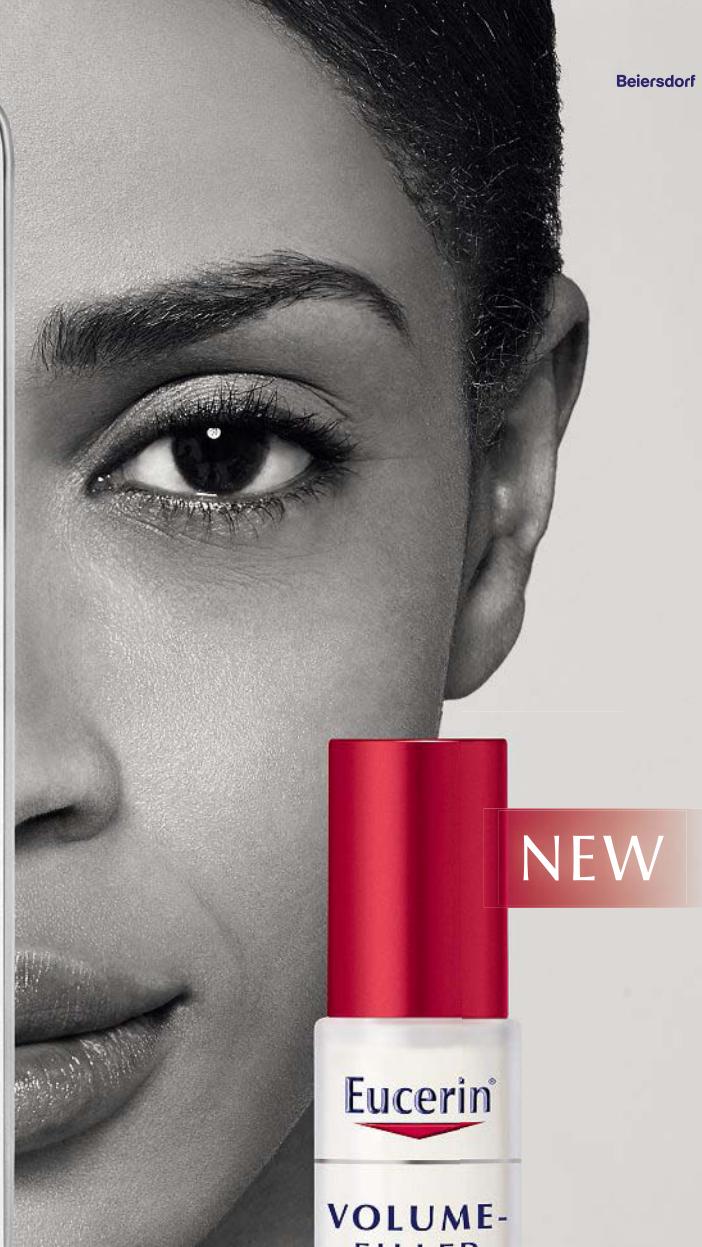
TOOL KIT

What's a make-up fundi without the tools of her trade? Invest in a set of good brushes for easy, even application. And choose between natural or synthetic fibres. We adore the Inglot professional make-up brushes. **TRY INGLOT GOAT HAIR POWDER BRUSH R399; OR INGLOT MATTIFYING PRESSED POWDER R269.**



SHOUT OUT

We have to give a very loud and proud shout out to make-up artist extraordinaire Pat McGrath. Her career spans three decades and includes being creative design director of Dolce & Gabbana, Max Factor and Covergirl. Her Instagram feed (@patmcgrathreal) gives us a little insight into how supercool this talented woman's life is. We salute you!



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BY MBALI SOGA



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Beauty
Ed's pick



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Cleansing Face Oil, R79.95, lipidol.com



GUCCI CAMPAIGN FALL 2014

Super long hair is currently a hot trend and the likes of Lerato Kganyago, Rihanna, Beyoncé, Bonang and Nicki Minaj have taken long hair to extreme lengths – Ciara's locks are reported to be almost a metre long.

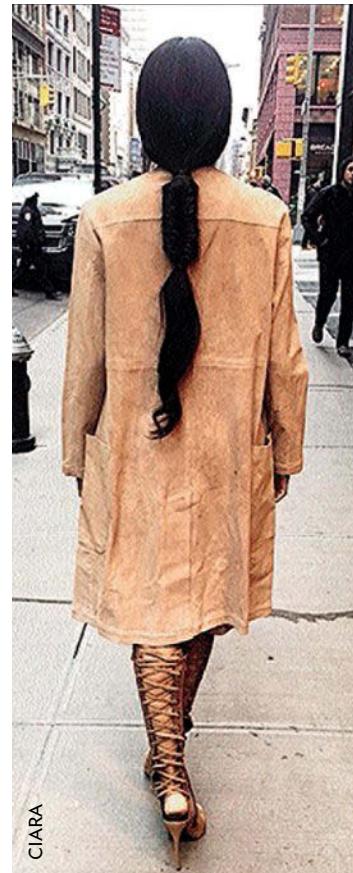
Inspired by 70s icons such as Cher and Diana Ross, this look was seen at Suno and Versace runway shows. And if you're wondering how these celebs keep their hair from getting tangled, here are a few tips on how to tame your flowing mane:

A brush is your best friend: Use it as frequently as you can – but be gentle, as strands of hair may break.

Invest in a silk pillow: This helps retain your hair's moisture.

Visit the salon once a week: Even if it's just for a wash and treatment. With hair this long, who wants to be stuck indoors all day putting in the hard work?

Ed's Tip: The length of your hair should be in proportion to your height. The more statuesque you are, the longer your extensions can be. If you're pint-sized, better stick to shorter hair.



CIARA

SUPER LONG LOCKS



Look *MEGA GLAM* with a
cascading HAIRDO to suit your
sexy personality.

BY MBALI SOGA



IMAGES Gallo Images/Getty Images

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Models Natural Hair

ISAAC LETELE'S EXPERT TIPS AND TRICKS

A guide to silky-soft, super-straight hair.

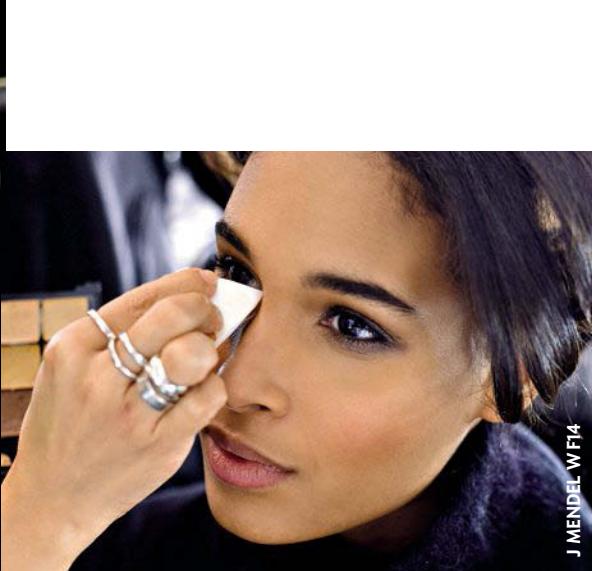
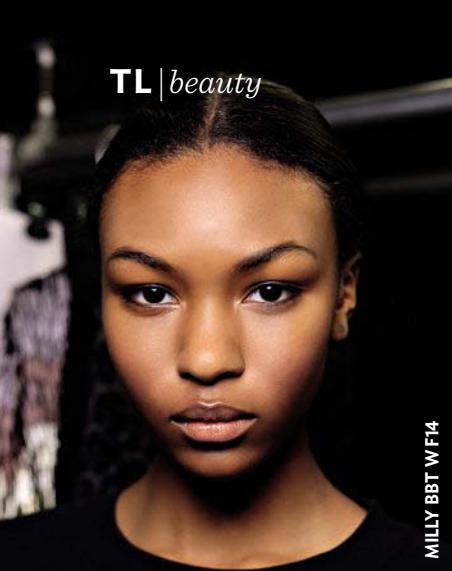
As seen on TV.



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Use the Hydrating Hairfood to help provide optimum moisture and essential conditioning. Its nourishing formula will help to rebuild damaged hair and promote a healthy scalp and hair growth.

The Oil Moisturiser will add shine and will help to strengthen and repair, while improving texture and styling flexibility. For a luxurious glossy finish, use the Shine Serum. It will help to seal in style, resulting in silky and naturally shiny hair.



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STAYING POWER

*LOOK FLAWLESS all day and night with
LONGWEAR MAKE-UP.*

BY MBALI SOGA

Finding make-up that lasts all day and night without clogging up your pores and giving you break outs is easy these days. Here are some tips to keep your make-up fresh long into those late-night cocktail parties:

- **Invest in a good exfoliator.** Dead skin accumulates on the face if not removed using an exfoliator twice a week. The dead skin flakes off gradually during the day, which causes your make-up and lipstick to disappear.
- **For oily skin, try a gel or oil-free moisturiser.** Oil build-up can cause make-up to slick off.
- **Primer!** After moisturising, apply a primer specific to your skin concerns to ensure skin is prepped and protected from irritants.
- **Blot, don't apply.** Use blotting sheets to remove excess oil during the day instead of applying more make-up.



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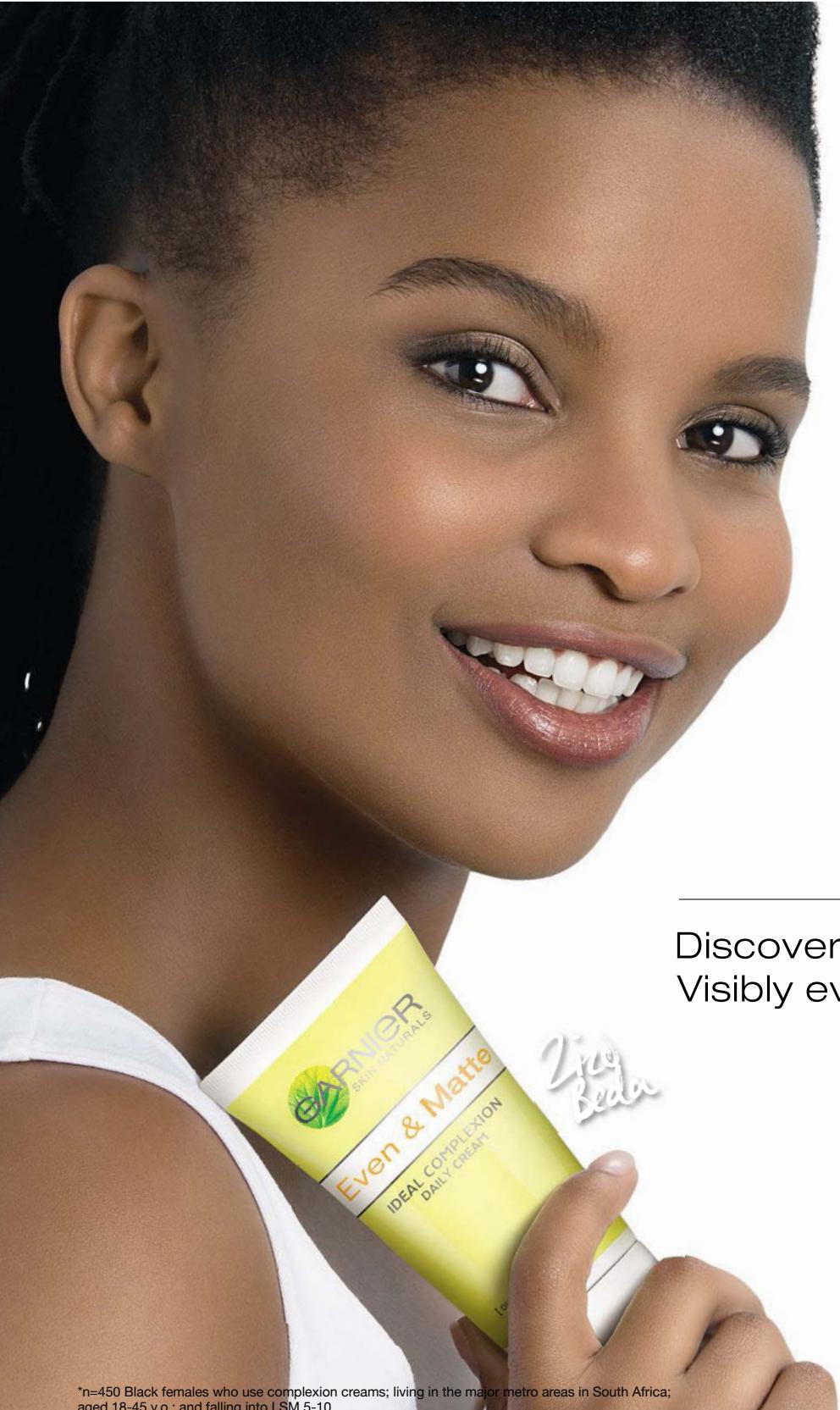
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STILA STAY ALL DAY LIQUID LIPSTICK R245



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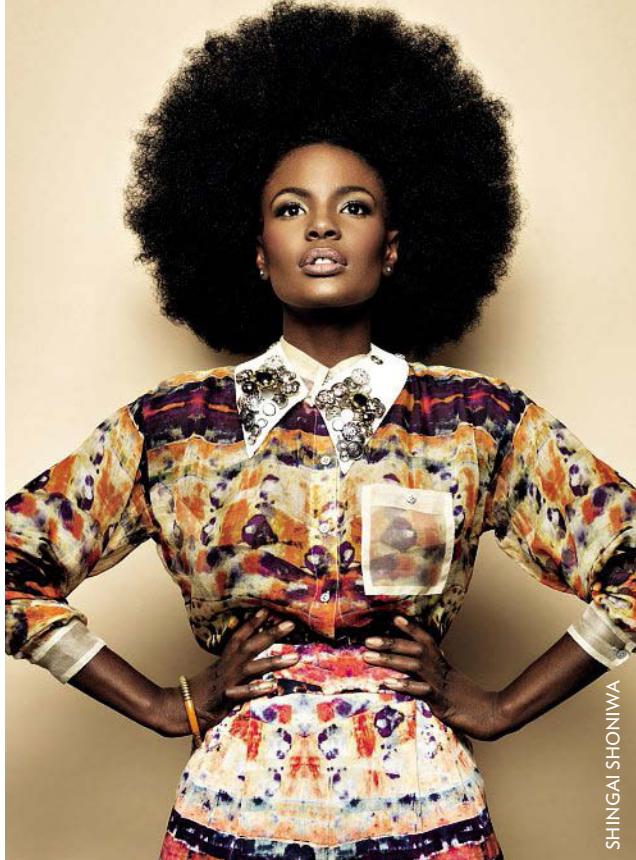


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aged 18-45 y.o.; and falling into LSM 5-10.



CURL CRAZE

Get *KINKY CURLS* like your favourite celebs – Pearl Thusi, Tracee Ellis Ross and Shingai Shoniwa.

BY MBALI SOGA

Celebrities like Pearl Thusi, Tracee Ellis Ross and Shingai Shoniwa are giving us major hair envy. They've also given many women the courage to embrace their natural curls. Though genetics play a huge part in hair texture, a range of products can help you get beautifully voluminous hair as well.

For loose curls with length and movement, wash your hair weekly with moisturising shampoo, followed by a deep conditioner. Apply a leave-in conditioner for added moisture and detangling spray, then comb out. Separate hair into eight equal sections and either plait (if you want the crimped look), twist (for loose curls) or use rollers/curlers (for looser curls) to wet set the hair.

Use a gentle texturiser if your hair is tightly coiled. It's just like a blow-out, so hair is straightened slightly using a product similar to a relaxer. Consult a hairdresser first. Let the hair dry naturally or use a blow dryer. Finally, apply hair oil to hair and scalp, massaging through with your fingers to evenly distribute the product and loosen the curls.



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and
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MOISTURE PLUS

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J
JOHNNY WRIGHT / CELEBRITY STYLIST

I am dark and lovely.

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*Source: Nielsen, as per chemical treatment kit category definition within Trade Desk National, Retail Value, 2014, South Africa.



KIKO
Colour Fever
Eyeshadow
Palette in 101
Coral Burgundy
R260

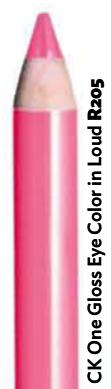


Inglot AMC
Cream Blush
in 81 R189



Chanel Le Beiges Sheer Color Stick No 22 R605

Gosh Velvet Touch Lip Liner in Antique Rose R95



CK One Gloss Eye Color in Loud R205



GOSH the ultimate eyeliner in pretty purple R15.

PRETTY IN PINK

Pink is the *ACCENT COLOUR*
THIS WINTER, from soft
lilacs to bright cerise.

BY MBALI SOGA



Avon Ultra Color
Rich Lipstick
in Berry Bright
R129,95

Dior Addict Lip Polish in Sheer Pink R485

Revlon
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Nail Enamel
R110



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Clarins Ombre Matte
in Nude Rose R270

Bobbi Brown
Pot Rouge for Lips &
Cheeks R390

Pink make-up ruled the runways at winter shows. Diane von Fürstenberg featured soft accents and Jonathan Saunders went for a bold pink smoky eye. At Versace and Max Mara, the girls were given a naturally pink stain on their lips. When trying this trend, note that the skin might look like it's a little inflamed on lighter tones, but fear not, that's where its beauty lies. Keep the rest of the face neutral so the pink accents stand out.





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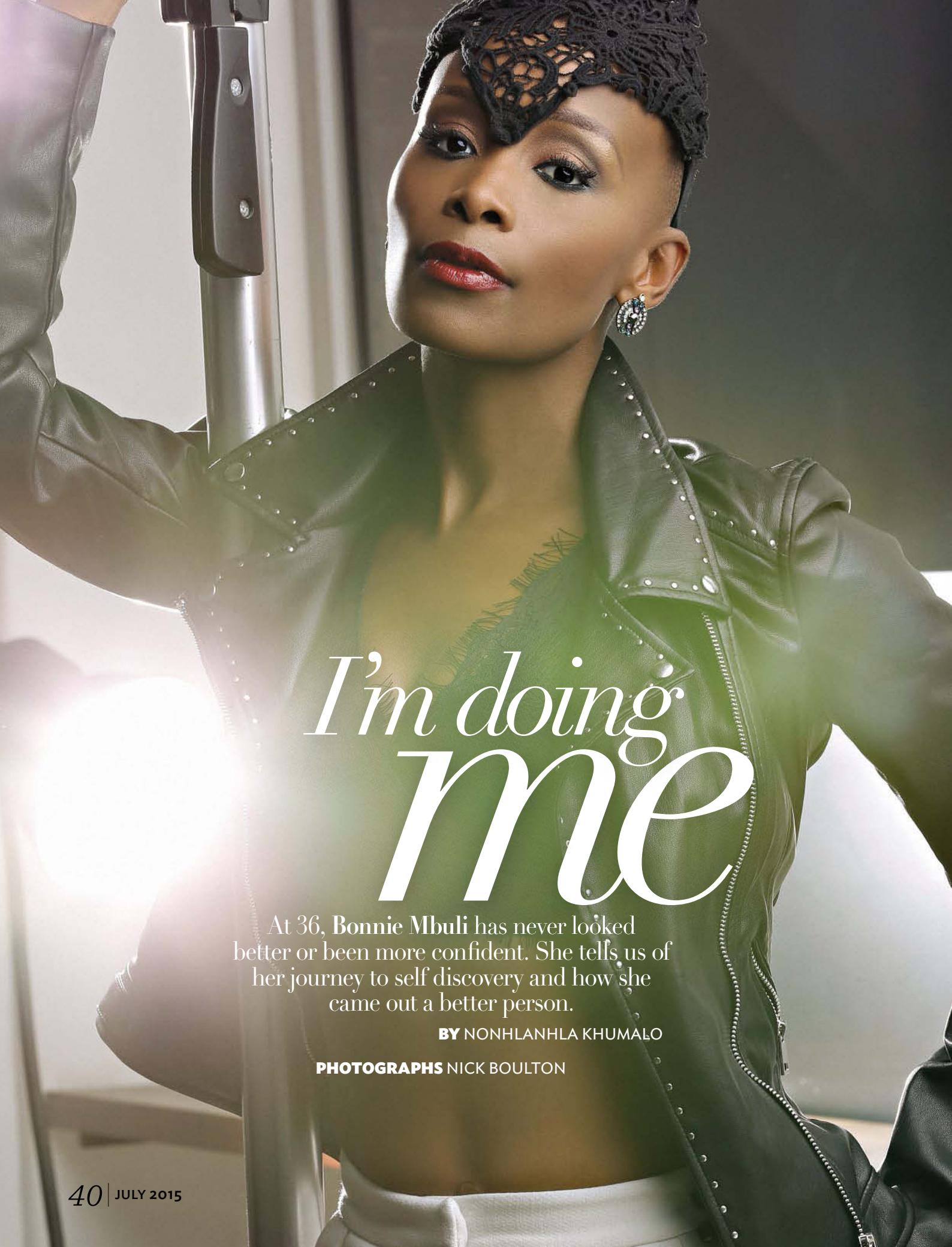


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*Based on US consumer study of 32 women by subject self-assessment after 24 hours. ©2013 Elizabeth Arden, Inc.

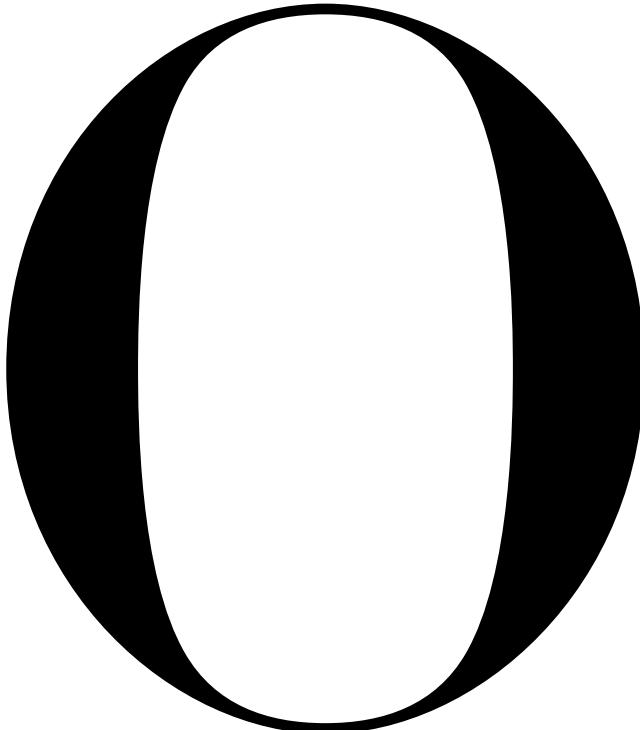


I'm doing me

At 36, Bonnie Mbuli has never looked better or been more confident. She tells us of her journey to self discovery and how she came out a better person.

BY NONHLANHLA KHUMALO

PHOTOGRAPHS NICK BOULTON



“
PEOPLE I HAD
NEVER MET BEFORE WERE
SENDING ME MESSAGES SAYING
THEY WERE PRAYING FOR ME
AND THAT THEY LOVED ME
NO MATTER WHAT.
”

In a cold winter Monday, Bonnie Mbuli has braved the icy chill to take an early morning flight to Johannesburg from Cape Town for a shoot with us. The entire TRUE LOVE production team is here to meet this month's cover star. She's wearing a white knit dress with white Nike Air Force sneakers, and a gold ankle bracelet that gives the edge to the street-style chic she's always pulled off so effortlessly. "How many covers have I done with TRUE LOVE?" she asks, getting everyone involved in figuring it out. Luckily, celeb make-up artist and friend of Bonnie's Nthato Mashishi is here, and, having worked with Bonnie for years, he helps us figure it out. This is the sixth cover she has done with us, and we are all in awe of her enduring talent and longevity in the entertainment industry.

Bonnie is one of the most recognisable faces in the TV and film industry. She rocked the androgynous look long before *Vogue* editor Ana Wintour could call dibs on it and it took over fashion runways. Boity Thulo, Nandi Mngoma and Pearl Modiadie all seem to have borrowed her sharp-edged boyish style. Her career spans more than two decades, but you wouldn't know it by looking at her – those beautiful dimples, short blonde hair and megawatt smile she made famous as the presenter of *Technics Heart of the Beat* way back in the day. Some selectively prefer to remember Bonnie as the archetypal bitch on the yesteryear soapie *Backstage*. Others might recall her stellar work on the Mzansi Magic series *Rockville*, e.tv's *Traffic*, or the Hollywood films *Drum*, *Catch a Fire* and *Invictus*.

We have watched Bonnie grow from a 13-year-old child star into an actress who's achieved great things, managed to bag roles in international productions, and dared to pack up her life to make a new one in Hollywood.

The previous time she spoke to us was five years ago. She'd just come back from the United States, and was still married

to actor Sisanda Henna. Well, a lot has changed for Bonnie. In 2012, the actress who had been labelled an ice queen, difficult, and the type of rebel celebrity who did not care what the tabloids said about her came out with a tell all memoir that touched many hearts. "For the first time, I felt like I had come up from under water. I bared it all and I could breathe," she says, inhaling deeply to illustrate how she felt when her book was released. Bonnie's book was titled *Eyebags and Dimples*, and in it she chronicled her struggles with depression. The book came as a surprise to many, although it probably still takes pride of place on their self-help shelves. "I wrote the book because I wanted to understand my pain and take it back to the source. Through my writing, I started peeling away the layers. As a result, I came out a better person." Unlike many a celeb memoirs, the book was not used as a platform to air dirty laundry or attack people. "I made sure I was very respectful to every individual I mentioned in my book. I was the one who needed to tell my story, and that's why I had to be respectful, because it wasn't their choice to do this, it was mine. Yes, there were some who felt I had exposed myself too much, but the support I got from family and friends, and everyone in general was overwhelming." Perhaps her melancholia is part of her creative genius. Writer JK Rowling, musos Alicia Keys and Kendrick Lamar, and actresses Halle Berry and Janet Jackson are all artists who have suffered from the blues in varying degrees. Bonnie laid bare her soul, and not only demystified misconceptions about depression, but shone a light on those who suffer from it, the genetic connection, and how talking could be the beginning of healing. The book was well received by the public, but the media wouldn't let up on her rumoured marital struggles at the time. After much media speculation, the couple divorced in 2013. "When we got married, we went for premarital counselling. We prayed about it, had expectations, and made a pact with each other. Even when we had our challenges, we still remembered our promises. But after many challenges, we decided it was time. We left our marriage in exactly the same way we went into it.

"There's a saying that, when the elephants fight, the grass gets trampled. For us, the grass is our kids. We didn't want that. So despite everyone saying divorce is difficult, we had to find a way to make it amicable and be friends. We now know when things are getting out of hand, and it's easier to stop it. >



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I WROTE THE BOOK
BECAUSE I WANTED TO
UNDERSTAND MY PAIN AND
TAKE IT BACK TO THE SOURCE.
THROUGH MY WRITING, I
STARTED PEELING AWAY
THE LAYERS.

Because, really, what are you fighting for? After a divorce, everyone has already lost, so there's no need to be unpleasant with each other. "Many people refer to me as a single mom. I'm not a single mom. My kids' father is the most active dad ever. We are coparenting, and he is there for them whenever they need him. We live in different provinces, but he is just a phone call or flight away. They spend the holidays with him, and sometimes with my family or his family. Just this weekend, he was here to see them."

A few days later, I catch up with Bonnie again, this time over the phone. It's after school so she's looking after the kids, but also working. With Bonang Matheba and Jeannie D, Bonnie hosts *The Afternoon Express*, a daily talk show on SABC3. The awesome threesome is made of strong women who all bring something South African audiences haven't seen in a long time. The show is poised to revive some of SABC3's lost viewership, and is never short of celebs and clever anecdotes to keep you entertained. It is the brainchild of *Top Billing*'s Patience Stevens.

"She [Patience] emailed about the show, and I was very interested right from the beginning. The three of us have such strong personalities that I knew it was either going to work or be a disaster. And we are just amazing together. I'm really enjoying myself at the show. I'm also always in awe of our producer, Patience. I think she is a television genius," says Bonnie.

Even after enduring many challenges in life, Bonnie's faith is unending, and despite getting ugly comments during her divorce, she is not about to let anyone dictate to her what a good Christian is or what a good Christian should look like. "Even when I was the most devout and best Christian I could be, people still judged me. But if the God we believe in is as big as we say He is, then who are we to say He won't hear our prayers? I like to be alone with God these days. I don't believe He hears you only if you come to him as a group."

When she was diagnosed with depression, Bonnie suffered from panic attacks, which doctors often describe as a debilitating and overwhelming feeling of helplessness that can suffocate a person and make it difficult for them to breathe. "I was on medication for five years, but I've been off it for three years now. I now let myself feel what I feel. I have the most incredible support. My siblings live their

own lives, but we are very close," she says. "My relationship with my mom is amazing. After having gone through the pain I went through when I had depression, I have a better understanding of what she's been through. I think she is a remarkable person to have raised us all on her own, to be supportive of my career and still go through her own pain. My mom is my daily inspiration, and sometimes when I think things are difficult, I think of my mom and how she's handled it all. I take pleasure in the smallest and simplest things in life, and I laugh at my own imperfections and how imperfect the world is. I've also learnt how important it is to talk about how I feel, and I don't really care if I'm being judged, because nobody is perfect."

Bonnie's just wrapped up another season of etv's *Traffic*, where she plays a hot township detective. She says the producers told her they'd written the role with her in mind (it's the role that stole her from *Rockville*). And with a radio show on Cape Town's Heart FM, Bonnie is having to juggle quite a few roles, something that may have seemed impossible just five years ago, when she came back from the US. She admits that having to look for work was challenging. "It wasn't easy, but I wasn't worried. I didn't worry if I'd find work again or if people would still be interested in me. I have to say that my South African fans are the most amazing people. I had people I had never met before sending me messages saying they were praying for me and that they loved me no matter what. Their loyalty is incredible."

"I'm a quiet hustler. I love my craft like a mother loves her child. You love your child without expecting anything back. So even when my craft gives nothing, I love what I do. I knew from a very young age that I was made for this. For me, it's always been entertainment or nothing. In my book, I write about a moment when my dad held me. I was four months old, and he said, 'She is going to be a star. She is going places.' Two days later, he passed away."

Bonnie is not surprised about where she is today. And her dad certainly recognised the twinkling stars in her eyes, which would later be seen by the world. At 36, she looks as good as ever. She has completely embraced her beauty – eyebags, dimples and all. During the shoot, she was not shy about posing for photographs, and the model in her quickly came out. "I've spent so much time pleasing people that I feel I'm done with it. I love this look and it really represents who I am. I'm doing me!" she told TRUE LOVE's fashion and beauty director, Mbali Soga.

But don't be fooled by her casual approach to life – Bonnie is very strict about what she puts in her body. "I exercise every day, and I eat very healthily. My body is a tool for my work. I have to take care of it and keep fit."

But Bonnie's success in Cape Town, which she's called home since last year, isn't enough – she sees herself hosting her own show in the future. Still, no matter how busy she becomes, she always makes time for her kids – Micaiah, 5, and Hanniel, 4. "There are moments that I share with my kids that are just unbelievably beautiful. At 6am, my youngest son will run into my room and caress my face. Those are the moments I wouldn't trade for anything. Those are the moments that make me really happy." ■



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The Kerry FACTOR

Leading lady in *The Fixer*, KERRY WASHINGTON, 38, is gracefully composed as she talks about her character, Olivia Pope.

BY SAM CLARKE

For nearly 20 years, the gorgeous Kerry Washington has eked out a rather lucrative, successful profile, combining early stand-out credits in urban teen drama *Save the Last Dance*, provoking biopic *The Last King of Scotland* and racial drama *Lakeview*

Terrace with glossy supporting fare in *Mr and Mrs Smith* and *Fantastic Four*.

Somehow until 2012, she was blissfully under the radar, but then came star-making roles – the lead in ABC's political smash hit *Scandal*, known in South Africa as *The*

Fixer, from the pen of Shonda Rhimes, whom we also have to thank for *Grey's Anatomy*. She followed that with a starring role in Quentin Tarantino's Oscar-winning slavery epic *Django Unchained*.

With the growing popularity of *The Fixer*, the 38-year-old, who last year gave birth to a baby daughter with husband NFL cornerback Nnamdi Asomugha, has finally found her anonymity compromised and is finding fame a difficult concept to grasp.

"For so long, I had this lovely balance where I could work on all these great jobs and not have any of the fame," she explained while promoting the series whose fourth season ended last month. "I thought: 'This is so great, no one bats an eyelid. And then *Scandal* and *Django* came along ... I am no longer anonymous."

Fiercely protective of her personal life, Kerry, who was also nominated for her second Emmy in 2014, is notoriously aloof when it comes to personal matters, and a warning is issued right before the interview. Nevertheless, get her on the subject of her character in *The Fixer*, Olivia Pope, and the actress finds it difficult to clam up.

SAM: Olivia's a pretty awesome, one might say empowering, character...

KERRY: And I feel so lucky that I get to play her, because she's all things and she challenges me. I sadly am not like her. I need an Olivia in my life. We all do.

How did you get to be on *The Fixer*?

I wasn't looking to do a prime-time show – maybe a cable show because it's a smaller season – so the idea of doing this was intimidating. I was scared to read the script because I thought I didn't want to, but it was Shonda Rhimes, and she's so brilliant, and then I read it and I thought, I love this character, and I love this world. I went from feeling unsure to wondering who I had to kill to play this character. Unfortunately, a bunch of other actresses felt the same way, so I had to audition.

Olivia has become a fashion icon, and you're no slouch on the red carpet. But it wasn't your forte back in the day, right?

I grew up in a household where the focus was on being a smart and good person – not on appearance. I got to a point in my career where I saw that certain actresses

were getting opportunities because of their presence on the red carpet, and I thought: "You know, if I'm the CEO of my corporation, my own personal marketing department is asleep right now and I need to embrace that side of what I do."

In terms of the character, what kind of research did you have to do?

I work for the White House in Washington. I'm on the President's Committee on the Arts and the Humanities, an appointed advisory position to the White House, but obviously I have a different relationship with the White House and the president.

Good to clarify...

Yes, good to clarify [laughs]. I didn't know about crisis management. I didn't know it was a thing, which is funny because there's a lot of it in Hollywood. Thank God this is not a world I have been exposed to. I like working – the culture of the show in Washington DC is a world that I understand and know, but the world of crisis management is a whole other ball game. I love that the show is really this peek behind the curtain at what the most powerful people in the world do when they get in trouble.

What do the most powerful people in the world think about the show?

We've had a lot of great feedback. I've never asked the Obamas specifically because I wouldn't want to put them on the spot, and I could only imagine the press' spin on that, no matter the response.

But I've heard that lots of people who work in the White House watch the show, including the first lady's chief of staff. Valerie Jarrett, senior adviser to the president, also watches the show. I know Bill Clinton is a fan...

What was your experience working with Quentin Tarantino?

It was amazing. He's an extraordinary human being because he's deeply in love with filmmaking; there's nowhere he would rather be. He's just a mad genius.

Did he really forbid everyone from having a cellphone on set?

We were shooting while the first season of *The Fixer* was airing in the States, and the cast kept calling me to ask if we were getting another season because

they assumed I'd be the first to know. I was the last to know because I was on set and my phone was in my trailer. And finally the producers of *Django*, who were all massive *Fixer* fans, came up to me and said: "You should go back to your trailer." And I was like, "Why?" And they were like, "You just might want to check your phone..."

Is it true that Olivia is the first female African-American protagonist in 40 years of network television?

She's the first African-American female lead of a drama series – there have been comedies, half hours, but of a drama, yes. I often wonder if that was something I was looking to do or wanting to do, because I didn't know if it was a possibility, really. It's very exciting.

I think it's shocking to people that it hasn't happened in 40 years, but people are excited it's happening now and that the show's a success. There's never been a woman of colour who's won an Emmy for best actress. Many have been nominated, but none have won. And by a woman of colour I don't mean a Latina woman or an Asian woman. It's shocking.

Has fame changed you?

Yes! I'm awful, I'm terrible to be around [laughs]. I have great family and friends who hold me accountable for my behaviour, and I'm very lucky for that. Also, I have a great shrink, so that helps a lot.

You've been called Hollywood's best-kept secret. Why is that?

Someone mentioned recently in an interview that I had spent most of my career being a great character actor who disappeared into roles. Like, "Oh, that's the girl who's in *The Last King of Scotland*, who's in *Ray*, who's in *Save the Last Dance*", but never knowing it was the same person. That has allowed me to maintain a great deal of privacy. I just don't talk about that stuff. I feel very lucky in my profession and my personal life. I'm a naturally private person

And when did you notice this loss of anonymity?

It's sort of weird. Because of the *Django-Fixer* one-two punch, I don't even know when it happened – somewhere in between. I guess there was this hype around *Django* as people were watching *The Fixer*. It's a ride.

Prior to *The Fixer*, what were you most recognised for on the street?

I used to be able to play this game where if someone approached me on the street, I'd immediately guess what they'd want to talk about based on what they looked like.

Like if it was a black woman in her fifties, it's got to be *Ray*; a girl in her twenties of any race, *Save the Last Dance*; a guy in his twenties of any race, *Fantastic Four*; but a black guy in his forties, I think probably *I Love My Wife*. And anyone from the UK tends to be *The Last King of Scotland*. And then there are your wildcards, which were fun. That's why it was a game. I wasn't always right. Someone would say, "Oh, I loved *Mr & Mrs Smith*", and I'd go, "Oh, wildcard". But now I can't do that any more because the audience for *The Fixer* is across the board – young, old, every race...

You were voted number two in *People's Most Beautiful* in 2013...

[Laughs] I know, pipped by Gwyneth Paltrow. What's funny about that list is that it's timed for when people have stuff lined up. I've been on that list and then the following year not on it, and a year later, back on. And I'm like: "What, did I have a bad hair year?" [laughs] ■

Catch season 2 of The Fixer on SABC3 every Monday at 11pm. Season 3 airs in October. Season 4 is currently being screened on M-Net City until the end of July.



PILLARS OF WISDOM

Wise men and women are prudent; *WISDOM* and *PRUDENCE* dwell together.

BY BISHOP MOSA SONO

The pillars of wisdom are prudence, knowledge and discretion, fear of God, counsel, sound judgment, understanding and power. In erecting these pillars, we become wiser in dealing with different situations. In Proverbs 9, a woman called Wisdom built a house and cut out seven stone pillars for it. Here wisdom has been symbolised as a woman who has built a solid house with seven pillars to support its stone roof. This gives us an idea of the importance and permanency of wisdom.

In Hebrew, the number 7 represents completeness. So this woman has the wisdom of creating a permanent place to live, supported by the perfect number of pillars. In these verses, Wisdom lives in the same house as a woman called Prudence.

They handle practical matters wisely, and exercise good judgment and apply common sense. Prudence means caution and sound judgment. It is the ability to keep oneself from being misled. Christ's disciples are examples of this. They were instructed by him to be as "wise as serpents and as harmless doves".



“

WISDOM IS HAVING KNOWLEDGE AND BEING AWARE OF WHAT IS GOING ON ABOUT YOU SO YOU CAN PLAN FOR THE FUTURE WISELY.

”

As we go through life, we gain knowledge in order to avoid the pitfalls in our path. We need to be as wise as serpents and as harmless as doves. We cannot afford to be naive. So prudence is the first pillar of wisdom.

Proverbs 8: 12 says: "I, Wisdom, dwell with Prudence, and I find knowledge and discretion." So wisdom finds knowledge and discretion. The Hebrew word for discretion is *mezimmah*, which means the power of forming plans. Sometimes this word is used to talk about people with evil intentions. We call this wicked type of plotting "machination". When used in the positive, this word means someone possessing or showing sound judgment and keen perception – someone who can reason and plan the best direction to head in.

A wise man plans his course of action realistically. Proverbs 22: 3 says: "A prudent man sees danger and takes refuge, but the simple keep going and suffer for it." This verse tells us there's a great deal of difference between faith and blind optimism. In fact, those with blind optimism are seen as fools. God doesn't want us to put ourselves in dangerous situations and then expect Him to rescue us. Part of wisdom involves knowing how to avoid danger. This is further confirmed in Proverbs 14: 15-16: "A simple man believes anything, but a prudent man gives thought to his steps. A wise man fears the Lord and shuns evil, but a fool is hot-headed and reckless."

A wise person plans for the future and knows how to avoid danger and evil. And there are many examples of people showing wisdom in their planning for the future. Noah, moved with fear, prepared an ark in order to save his family.

David was directed by wisdom to hide himself from Saul. The disciples were taught to flee from the impending evil of the Roman army (Matthew 10: 23, 24: 15-18). Paul repeatedly hid himself from threatened destruction (Acts 9: 23-25, 17: 14, 23: 17). Even Jesus himself acted on this rule (Luke 4: 29-30). So another pillar of wisdom is having knowledge and being aware of what is going on around you so that you can plan for the future wisely.

May God grant us the wisdom to navigate our lives well. ■

Bishop Mosa Sono is the founder and senior pastor of Grace Bible Church. Find him on Facebook or follow him on Twitter @BishopMosaSono



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KATE'S SECRET

While the world rejoiced at the news of the Duchess of Cambridge's new baby girl, we couldn't help but notice her beautiful skin. The new mom has reportedly been using Bio-Oil during and after pregnancy. The oil's ability to improve skin elasticity, reduce the appearance of stretch marks and improve uneven skin tone has had a charming effect on the royal. Available at selected beauty stores from R55 to R115.



COOL TRAINERS

Rita Ora has added a cool spin to Adidas trainers. The new dragon prints from the Originals collection not only feature an elegant smoke print, but are supercomfortable. They come in small, medium and large sizes, but fear not, their unique design has a stretchy sock upper with an expandable segmented sole to fit everyone. The trainer also doubles up as a fashionable shoe you can wear when travelling, shopping or to work. Available at www.adidas.com for R1 000.

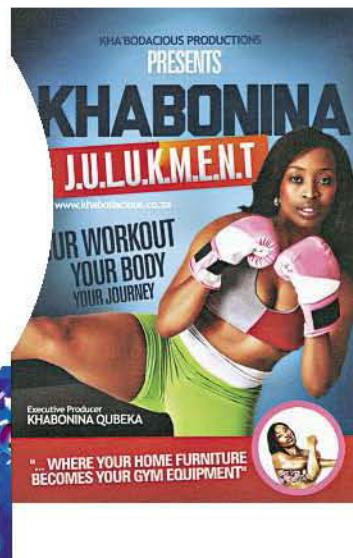
BODY NEWS

Your **HEALTHY LIFESTYLE** update.

BY PERCY MATSHOBA

HOME EXERCISE

If you are feeling unmotivated to wake up for an early morning jog or to attend a gym class, try Khabonina's home workout DVD, *Julukment*, to get your body ready for summer. The renowned choreographer encourages you to use the furniture in your house as equipment to help you drop dress sizes. The DVD is available online for R150. Visit www.khabodacious.co.za or call 082 932 8609 to place your order.



FUN RUNS

We recently attended this year's Johannesburg Neon Run held at the Wanderers Stadium at night. Apart from the 5km run, individuals could cycle, skate or walk covered in neon body paint and accessories. Visit www.neonrun.co.za for the next run date and shed those kilos while having fun.

DID YOU KNOW?

July is Mental Health Awareness Month. Depression and anxiety are serious mental disorders that may affect you in your job, finances, intimacy, relationships, school work, social interactions and physical health. Research has proven that constant exercise and eating healthy can help improve your mood.



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References: *(1-3) 1. Dermatology Society of South Africa http://www.dermatology.co.za/C_PatCnr_acne.asp accessed on 1 December 2014. 2. PR Newswire <http://www.prnewswire.com/news-releases/cetaphil-brand-launches-cetaphil-dermacontrol-a-new-line-of-products-for-acneproneskin-142456465.html> accessed on 1 December 2014. 3. Dr. Ian Webster Dermatologist <http://www.drianwebster.co.za/medical-dermatology/rosacea/> accessed on 1 December 2014.

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Starting weight: 93kg. **Goal weight:** 65kg.
Current weight: 75kg.

I had drastic weight gain at university as a result of my bad eating habits. I wasn't exercising or playing sports like I'd done when I was in high school. By the time I started my nine-to-five job with little or no exercise, my habits just got worse.

I began feeling discouraged when I couldn't wear the clothes I wanted to. I became uncomfortable and wanted to change that. In July last year, I started visualising a new, slimmer and sexier me. I decided to stop dreaming and do something about my weight.

DIET AND EXERCISE

I heard about the Tim Noakes book, *The Real Meal Revolution*, from my boss. I tried out a few recipes from her copy and later decided to buy my own. The eating plan required that I eat high protein, high fat and low carbohydrates.

I ate a lot of vegetables, minimal fruit and as little carbohydrates as possible. According to the diet, the less carbohydrates you eat, the fewer cravings you have for sweet treats. This proved to be true for me. When I began the diet, I'd check the packaging of every item I bought and would buy products with 5% or below 100mg of carbohydrates. Rice, pasta and potatoes were forbidden.

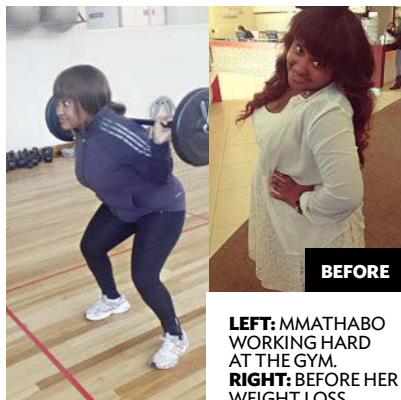
Instead, I'd have pumpkin, cabbage, spinach, beetroot and salads. I also preferred eating fish and chicken, and occasionally red meat and tuna. For breakfast, I'd have eggs with ham, cheese and tomato or an egg salad. I'd also snack on at least two fruits a day, but excluded those that are high in carbs like bananas. I drank tea or coffee

with cream milk and no sugar. As a preference, I drank green tea before or after meals. I also started going to the gym four times a week for an hour. For the first three months, I had a personal trainer and after that I continued exercising on my own. I'd start with cardio then follow up with strength training. I also joined a running club at work.

STAYING ON TRACK

I weighed myself weekly to track my progress. But I'd had weak moments where I'd have a slice of cake or a dish of potato curry. It took discipline and support from my family and friends to get me to this point. What also helped were the weight-loss challenges I joined at work. My cholesterol level, fat and weight have decreased and I now weigh 75kg. My ideal weight is 65kg and I'm confident I'll reach my goal. I've fallen back in love with my body and I'm happy to have made it this far. ■

*Share your weight loss story with us.
Email letters@truelove.co.za*



LEFT: MMATHABO WORKING HARD AT THE GYM.
RIGHT: BEFORE HER WEIGHT LOSS.

MISSION POSSIBLE

After years of dreaming of
a slimmer figure, MMATHABO
NKUNA, 26, finally lost 18kg and
is still going strong.

BY PERCY MATSHOBWA

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BURN THAT BELLY FAT FAST

You've probably tried everything but *STILL CAN'T GET A FLAT STOMACH*. Here are *QUICK AND EASY TIPS* to fight that flab.

BY LUCY FRY

Most women know the frustration that excess tummy fat can bring. No matter how many diet and fitness tricks we try, it seems to be a cruel fact of life we can do nothing about ... or is it? Could it be that we're missing something? It's time to fight the bulge.

RIGHT NUTRITION

While people have a tendency to store fat in different places, it is still possible to shed it with the right nutrition and exercise regime. In particular, the love handles at the sides of the belly are associated with a diet heavy in refined carbohydrates (like white bread and white pasta) and refined sugar (biscuits, cakes, chocolate and all the yummy things we love to hate).

GOOD AND BAD FATS

Fatty food can be high in calories and

is a major contributor to belly fat, but there's a distinct difference between good fats and bad fats. Consumed in moderation, good fats provide your body with the energy it needs to function properly, while bad fats will clog your arteries and make you fatter. Lower in saturates, good fats include nuts, avocados and salmon. Bad fats are high in saturates and include vegetable oil, butter and cream.

EXERCISE REGULARLY

It doesn't matter how much you train your abs, if there's a thick layer of fat over them, you just can't see the muscle. So, in order to reduce belly fat, you need to lose body fat in general. This is best achieved by doing compound exercises, which involve more than one muscle (squats, lunges, press-ups and bent-over rows) because the calorie burn and effect on the

metabolism is greater than doing small movements to hone the abdominals. This kind of resistance training, combined with interval training, is the best course of fat-blasting action.

NO NEED FOR DIET PILLS

Most fat-burning pills are stuffed full of caffeine, which might ramp up your metabolism somewhat. This is not a healthy way to do it. There's no need to take pills to get leaner, but if you are going to take some, be wary of the ingredients and do a lot of research first.

RUN FOR LIFE

Long-distance cardiovascular exercise like marathon training, increases levels of the hormone cortisol in your body to an extent where it can actually encourage fat gain. Of course, if you run long distances regularly, you'll

be burning off more calories and lose some fat, as long as you don't eat them all up again (which you might well do). But if you want to burn it off in an effective way that reduces the risk of injury, try interval training – hard and fast intervals or hill training – for at least 20 minutes.

TRY HEART-RATE TRAINING

There is a zone of activity in which your body uses fat mostly for fuel, but this doesn't equate to more fat being burnt off. Why on earth would it be "better" for your body, and for fat loss, for you to work less in the "fat-burning zone" than you would in the more intense "cardio zone"? The bottom line: the harder you work, the more fat you'll lose. Heart-rate training is a much better method of gauging intensity than "zone" training.

EAT SMALL PORTIONS

Eat five to six small meals a day, with a portion of protein in each to keep your metabolism fired up but never overloaded. If you are someone who meets friends a lot for dinner or lunch, try to get three balanced meals a day with two fruit snacks in between.

TRY YOGA

Yoga poses that focus on building strength like Vinyasa yoga (also called flow yoga) are great for fat burning and will leave you feeling lean and great. What's more is that you'll build strength, gain flexibility and work your core muscles.

CUT CAFFEINE

There's a myth that drinking lots of diet cola and coffee will speed up your metabolism and stop you from eating. Diet drinks are full of artificial sweeteners and toxins, which can cause bloating, and coffee disrupts insulin levels and makes you crave sweet things an hour or so later. Cut them out!

YOU CAN DO IT!

There are more sensible, long-term ways of losing fat, like following the tips above. A good diet and a regular exercise programme will slowly but surely shed the fat for good. ■



HAVE A GOOD LAUGH

A good *SENSE OF HUMOUR* can help you see the *LIGHTER SIDE OF LIFE*.

BY ANGELA LEE

When was the last time you had a good laugh, the kind that takes you to the edge of sanity, tears streaming down your face, your lungs gasping for air? Sometimes laughing seems so difficult these days that it's impossible to tickle our funny bones unless we're watching our favourite sitcom. It seems there's always something to worry about – so much so that in some circles, laughing is almost taboo, seen as an irresponsible, juvenile act of escapism in which no self-respecting adult should indulge.

Yet we are all inexplicably attracted to people who, with a charming chuckle and mischievous glint, make us laugh with their wacky views. No matter how serious the situation or how damp the general mood, these folk always seem to see the lighter side of things. Laughing is good for your soul, your beauty and your health. We all wish we could laugh more.

1. LAUGH AT YOURSELF

The basis of having a good sense of humour comes from being able to laugh at yourself. Without the ability to be comfortable with the joke being on you, you become stiff and stale. "Laughing at yourself need not be self-depreciation," says psychologist Terry Paulson in his book *Making Humour Work*. "It can be a very healthy acceptance of one's own humanity. Learn to laugh at what you do without laughing at who you are. Remember, it's always easier to admit you made a mistake than to admit you are one."

Improving your sense of humour, particularly when it's directed at yourself, greatly improves



your ability to handle the stresses of life. Only when you can see the ridiculous in yourself will you be able to see the ridiculous in other people and situations.

2. LAUGH ABOUT YOUR JOB

Being able to laugh about your work and everything it concerns is probably one of the most difficult things to do. This is not the same as laughing on the job, which we all do regularly with our colleagues. Being able to laugh about your job means you're tickled silly by your apparent inability to get to work on time, and seeing the

funny side of receiving a memo from the human resources department that demands you either clock in on time – or else. “My supervisor laughs about his work all the time,” says Busi, 27. “Whenever he gets ticked off by the boss – which he regularly does – he never lets it get him down. He’s an incurable optimist, and I love working for him.”

Being able to laugh at the difficult situations you encounter at work not only beats stress in a way that only a good chuckle can, it also helps you see the positive side of things.

3. LAUGH AT YOUR PARTNER

The people we spend the most time with have a big influence on our sense of humour, and not just because of the jokes they tell. Being able to laugh at our partners without fear of retaliation helps us share their imperfections with them in a loving way without criticising them.

Laughing about your partner’s bad habits is a much better way of getting your feelings about their flaws off your chest and out of your hair than nagging them about it. “My girlfriend snores, but I never criticise her about it because I don’t expect her to change that,” says Brian, 25. “But after a particularly rough night, I always tell her about how her snoring kept me up all night. I tell her in a funny way, and we’re able to laugh about it. That way, she is aware of her snoring and tries to make amends, but she does not have to feel bad about it.”

4. LAUGH AT YOUR FAMILY

What are family members for if you can’t poke fun at them? The closest families are the ones who love to laugh at and with each other. “I come from a very serious family, where genuine laughs among and about family members is rare,” says Tsakani, 28. “I think this is why I grew up feeling more love for my schoolmates than I did for my siblings.”

When she met her in-laws, Tsakani was stunned by the camaraderie in their home. There was always a lot of fun and good cheer, something that never happened in her family. “I get more positive feelings around my in-laws than around my own parents,” she says.

“When I tried to make fun about my father’s big belly, he gave me such a scornful glare that I wished the kitchen floor would open up and swallow me whole!”

5. LAUGH AT YOUR CHILDHOOD

If you’re one of the majority of women who believe you’ve had a tough life, it’s no wonder you’re having trouble laughing. Research shows that people who hold on to the troubles instead of the joys of their past find it difficult to cope with life as adults. This is because we all engage in self-pity, some more than others.

Whenever we face tough times as adults, we are prone to point to our childhood and say: “Well, considering the life I’ve had, I’m not surprised this is happening to me.”

We tend to blame everything from bad relationships to poor reading habits on the way we were brought up, but although our childhood was shaped by our families, we shape our own adult lives. What’s the solution? Remember the good times and forget the bad. Start laughing at your childhood for what it was: a time of growing, of mistakes and of imperfection – like everyone else’s.

6. LAUGH AT YOUR MISTAKES

We’ve all made some bad calls in life, and we’ve paid the price. But although learning from these mistakes is important, being able to laugh at them is essential. If you can laugh about getting a parking ticket, losing your job or having your car repossessed, you will find there will be no hurdle in life that you will not be equipped to eventually overcome.

7. LAUGH AT GROWING OLDER

Aging is one of the biggest concerns we have as we grow older. Time takes its toll on our bodies and minds. “When I turned 30 and I was not yet a millionaire, I was a little disappointed,” says Phumla. “But more than that, I was starting to look older.”

Now 37, Phumla has learned a new philosophy. If you can’t beat the march of time, why not ride on it? “I used anti-ageing creams, but I don’t bother any more. These days, I laugh about how it won’t be long before I get grey hair – how exciting!”

8. LAUGH AT THE STATE

We know, the government is far from perfect. But don’t you think the antics of some members of Parliament and local municipal councils are hilarious? The news is often ripe for the picking, regardless of what our politicians think.

9. LAUGH AT THE WORLD

Feeling depressed about the bad news you read in the papers every day? Don’t lose sight of the big picture – just because there are many things wrong with modern civilisation does not mean there’s nothing funny in it. Consider wars, famine, Aids,

global warming and a renewed nuclear arms race. At least it won’t be much longer before someone (or something) puts us out of our misery, right?

10. LAUGH AT YOUR PEERS

You have to be able to laugh at the people around you. Most people don’t have a problem poking fun at others (behind their backs, at least), but what about when they play on your insecurities and tease your flaws? Laugh at them. If you can laugh at hostility, you can laugh at anything. ■



Let it **FLOW**

Having UNHINDERED BLOOD FLOW is essential for GOOD HEALTH, but what are the BLOODY BENEFITS?

BY GABRIELLE NATHAN

You may have experienced the “pumped up” feeling of being alive after you’ve had a good workout. This is thanks to your body’s circulatory system, which helps blood flow through your body. For good health, one needs unimpeded circulation, but what exactly are the benefits?

“Blood is made up of several components: plasma, red and white blood cells, and platelets,” explains Dr Colin Bicknell, a consultant cardiologist. “Plasma is mainly water, but it contains dissolved nutrients – vitamins, minerals, energy, protein and lipids [fats] – that are essential for all the bodily processes to function effectively. These nutrients are also used in chemical reactions that keep your organs working healthily. The cellular part of blood has red blood cells, which primarily carry oxygen, crucial for cells to stay alive, and white blood cells, which are involved in fighting infections. The last major component of blood is platelets, which are involved in the vital process of clotting at the site of injury to prevent excessive bleeding.”

Blood is life, but it couldn’t do its job without an effective transport system. Bicknell explains: “Blood is pumped around your body by your heart, delivered by a series of blood vessels called arteries and returned by another set of blood vessels called veins.” Collectively known as the circulatory or arterial system, this structure ensures your body’s organs and cells get the life-sustaining nutrients, oxygen and platelets they need. Here are some ways to give your circulation a boost.

REDUCE SUGAR INTAKE

Sugary snacks aren’t just detrimental to your waistline – they also affect your blood. Excess blood sugar coats haemoglobin, a protein in red blood cells, causing it to become sticky. This interferes with circulation and causes cholesterol to build up inside the blood vessels, making them narrow them and impeding circulation. Dr Marilyn Glenville, a leading nutritionist specialising in women’s health, says: “High sugar intake will require more insulin to be released from the pancreas to turn it into glycogen, and high levels of insulin are associated with a thickening of the blood, which reduces oxygen supply and impairs circulation.”

A reduced oxygen supply makes you feel fatigued, so it can be tempting to snack on more sweet treats to give yourself a boost.

Glenville explains: “During hypoglycaemia, when blood sugar drops too low, you may get a craving for more sugar, but taking on more requires additional insulin to be released, which fuels a vicious cycle.”

BREATHE DEEPLY

“It’s important to control stress, because it affects circulation in several ways,” says Glenville. “It can cause muscles to become ‘knotty’ in the neck and shoulders, as stressed people tend to clench their upper bodies, thus restricting blood flow. Moreover, when you are tensed, the hormones adrenaline and cortisol are released by the adrenal glands, triggering the fight-or-flight response. Believing it’s about to be attacked, your body prepares for injury by increasing the amounts of a blood-clotting agent called fibrinogen. This will thicken the blood so it can clot more quickly, but it also slows down circulation.”

You can offset these negative effects by breathing deeply. “Most of us take shallow breaths, which allows minimal oxygen to reach the blood via the lungs. But when you breathe deeply into your belly, you pull more air into your lungs, increasing the amount of oxygen transported into the bloodstream. This in turn speeds up circulation,” says Glenville.

“Breathing deeply prompts the body to release endorphins, which are natural painkillers that reduce stress and help lift your mood.”

EXERCISE

Increasing your heart rate while you work out can have a surprising effect. “Aerobic exercise improves your circulation in two ways: firstly, by increasing red blood cells in your blood, making oxygen transportation more efficient; and secondly, by moving blood through vessels faster, thanks to your elevated heart rate. This increased, oxygen-enriched blood flow reaches all the parts of your body affected by circulation, including your genitals. Good blood flow to our genitals also improves sensitivity and stimulation in

that area,” explains Glenville.

GET A MASSAGE

Massage doesn’t only help you relax, it also has health benefits. “Circulation is improved when a masseuse moves your blood around your body by putting pressure on certain areas,” says Glenville. “Massage also helps to remove any congestion in the muscles and tissues, allowing the blood to flow more efficiently. Improved circulation speeds up healing, and massage seems to help reduce scar tissue by increasing blood flow and, therefore, nourishing the area.”

A recent study found that a 45-minute Swedish massage increased the number of lymphocytes – a type of white blood cell – in the recipient’s blood. There are two main types of lymphocytes: B cells, which make antibodies that attack bacteria and toxins; and T-cells, which attack cells when they have been taken over by viruses or have become cancerous. Massage doesn’t just make you feel good, it also boosts your body’s immune system.

EAT OMEGA-3 FISH OILS

It’s well known that omega-3 fish oils can boost your brainpower and sharpen your eyesight, but did you know that they can also improve your blood flow? “A study published in 2009 showed that omega-3 oils help prevent abnormal blood clotting and lower blood pressure,” says Glenville. “The study found that omega-3 polyunsaturated fatty acid produces vasodilation – which is a widening of the blood vessels – improves arterial function, and reduces platelet aggregation, which is part of the sequence involved in the formation of a blood clot. The knock-on benefits of these are huge. The use of omega-3 fish oils has been shown to reduce the risk of strokes and coronary artery disease and heart attacks,” says Glenville.

But if you’re not so keen on fish oils, don’t worry. “Garlic works in a similar way by helping to thin the blood, thereby improving circulation, while cayenne pepper, chilies and hawthorn – taken as a tincture or in capsule form – are good for improving circulation. Ginger helps with circulation by widening the blood vessels,” explains Glenville. ■

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BY SIYAMTHANDA MTSHEMLA

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POLO-NECK R695, TOPSHOP; SWEATER R1 700, PANTS R4 500, BOTH KAREN MILLEN; COAT R999 ZARA; EARRINGS R100, LÓVISA.



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Give your hair the best treatment it deserves in the comfort of your home with Kair's salon-inspired innovation haircare range. Salon aficionados and hair care professionals have long sung the praises of Kair products and they will continue to carry on the tune now that the SA's No.1 treatment brand has launched its complete haircare treatment range in sexy new packages.

The range contains a unique AquaCell moisture complex – a key ingredient that penetrates deep into hair cells to lock in moisture. Each range addresses specific haircare needs. The **Hydro Nutritive** range reinvigorates dry or damaged hair; the **Colour Treat** range cares for dyed hair; while the **Daily Repair** range maintains the health of your hair.

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R429, Zara;
Earrings R100,
Ring R100,
both Lovisa; Bag
R1 299, Dune
London.*

LADY IN THE HOUSE

The 60s era paved the way
for many *LADYLIKE*
SILHOUETTES. Make it work
for your *PROFESSIONAL*
ENVIRONMENT.

BY SIYAMTHANDA MTSHEMLA



PHOTOGRAPHS NICK BOULTON



Coat R119,
Zara; Scarf R199,
Jo Borkett;
Sunglasses
R2995, Sunglass
Hut; Earrings
R100, Ring R80,
both Lovisa.



Dress R559,
Zara; Poloneck
R99,99, Mr
Price; Boots
Model's own;
Earrings
R100, Lovisa.



Top R3 295,
Democratic Republic;
Skirt R699, *Forever
New;* Earrings R100,
Set of seven rings
R160, both Lovisa;
Sunglasses R2 995,
Sunglass Hut.



Sweater

R849, Topshop,
Pants **R759**, Zara;
Earrings R100,
Lovisa; *Shoes R1 499*, Dune
London; Set of four
rings **R180**,
Lovisa.

HAIR AND MAKE-UP Faith Seuo MODEL Bianca from ICE Models STOCKISTS Democratic Republic (on 784 0512) Dune London (on 085 7055) Forever New (on 085 4585) Jo Borkett (on 883 7240)
Karen Millen (on 11784 2937) Lovisa (on 11431 3610) Mr Price (0800 212 535) River Island (on 214 778) Sunglass Hut (on 0883 6606) Topshop (on 085 7070) Woolworths (084 396 4465) Zara (on 011 784 6548)

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EYE SPY...

It was ALL ABOUT THE EYES at
the Autumn/Winter 2015/16 runway shows.

Pair over-the-top make-up sockets with
GLOSSY, BOLD LIPSTICKS.

BY MBALI SOGA

PHOTOGRAPHS TEREZA CERVINKOVA

FEATHER FLIGHT

Alexander McQueen's fashion show presented the most daring look of the season. The look plays on big brows. For the less adventurous, opt for a full groomed brow, but apply fuller-than-usual eyelashes. Keep the rest of the face clean so the eyes are the focal point.

PETROL PATENT

What is the colour of petrol, you ask. It's a mix of teal green and a dark charcoal. This new shade was spotted on models at Derek Lam's runway show. Apply eye shadow (in an egg shape) to the top of the eyelids and carry it through to just below the bottom lid. Finish with black eyeliner in the inner bottom lid.



DOLLED UP

The 70s doll eye was reinvented at Rochas' fashion show. Apply false lashes to the top and bottom eyelids. Follow with two coats of mascara (using a wide mascara brush) on the top lid to get that clumpy effect. For the bottom lid, apply a single coat of mascara (using a small mascara brush). If you have smaller eyes, line the inner lids with a white eyeliner for an exaggerated effect.

PHOTOGRAPHER'S ASSISTANT Donovan Marais HAIR AND MAKE-UP Kelly Fuchs at One League MODEL Palessa at Boss Models

THE LATEX

This eye application looks like latex was melted on to the top of the eyelids. To get this look, apply gloss over a velvet eye shadow then use your fingertips to press on loose powder in the same colour shade for texture. This risqué look was spotted at Christian Dior's collection.



THE FAUX HAWK

To create this reverse French braid, start plaiting the hair from the nape until the crown. Use the leftover hair to create a textured hawk at the crown. Feel free to play with the shape.



THE MESSY *Braid*

Get rid of strong hold sprays and let your hair fly away.
THIS SEASON, it's all about *LOOSE PLAITS* thrown together in an
UNSTRUCTURED, WHIMSICAL way.

BY MBALI SOGA

PHOTOGRAPHS TEREZA CERVINKOVA

THE FISHTAIL

This season's solution to the slanted or one-sided ponytail, the fishtail has been seen on starlets like Joan Smalls and Alicia Keys.

The trick to this style is to plait inward as opposed to outward. Remember, the messier it looks, the better.



THE HALF AND HALF

This style is perfect if you're not comfortable with having your hair pulled back or in an up-do as half the hair stays loose but textured. Spritz hair lightly with a light hold spray or water, plait into loose plaits, dry then loosen plaits with your fingers to create a wavy texture. For volume, tease the hair. Nanette Lepore has used a version of this style on the runway.

HAIR Saadique Rykliet and Jawaad MAKE-UP Lesley Whitley at Lampost MODEL: Blanca at Ice Model Management



THE CROWN

Simple and easy to pull off, this style gives you height and makes a round face look longer. Section your hair into two and plait into pigtails. Twist the two braids around each other and secure with pins at the crown. This style is inspired by *Game of Thrones* character Khaleesi and made its way on to the catwalk at Rebecca Minkoff's S14 runway show.



TRICKS FOR GREAT WINTER SKIN

It's the *SEASON* to *TAKE EXTRA CARE* of your *SKIN* and treat it to some of the worlds' best scientifically formulated *NOURISHMENT*.

BY MBALI SOGA

What do warm indoor heating, long hot baths, freezing temperatures, low humidity and harsh winds have in common? All of them have negative effects on our skin. Winter is usually the time we find out that our normal skincare routine just doesn't cut it. Our skin gets scaly, feels tighter and cracks more. So it's vital to take extra care and ramp up your daily routine. We've scoured our beauty closet to bring you the best of the season's skin savers – products that will give you extra moisture, add a protective barrier and provide you with a longer-lasting glow!

MIGHTY MOISTURISERS

Your daily moisturiser acts to lock moisture into the skin and replenish your face and body. If you have dry skin, it gets worse in winter. Try an emollient-based moisturiser or ointment that forms a lipid/oil barrier on the skin.

But this will set off alarm bells for women with oily skin, as even oily skin can dry out. It might look super oily on the surface, yet feels like it's going to crack off. Continue to moisturise using an oil-free or water-based moisturiser with an SPF 30 or higher.



1. PLACECOL MULTIVITAMIN DAY LOTION R344. 2. CHANEL LA LOTION SUPRÊME R2 060. 3. KIEHL'S CRÈME DE CORPS SOY MILK & HONEY WHIPPED BODY CREAM R655. 4. VASELINE INTENSIVE CARE DRY SKIN REPAIR R34,95. 5. NIMUE MOISTURISER PLUS R455. 6. NIVEA COCOA BUTTER BODY CREAM R45,99.

SUPER-RICH SERUMS

For all the four-step skincare girls out there, it's comforting to introduce you to serums that help your skin gear up for winter. Choose from a selection that hydrates, soothes, fortifies and protects – from serums that harness the healing powers of rare plants to those that act like an invisible Band-Aid for the skin, releasing nutrients.

The skin easily absorbs serums, plus they harness the power of two (moisturiser and serum) to make doubly sure that your skin is functioning optimally.



1. ESTÉE LAUDER ADVANCED NIGHT REPAIR SYNCHRONIZED RECOVERY COMPLEX II FROM R675. 2. SKINCEUTICALS CE FERULIC R2 130. 3. LA PRAIRIE ANTI-AGING RAPID RESPONSE BOOSTER R3 740. 4. LANÇÔME ABSOLUE PRECIOUS OIL R2 030. 5. CLARINS HYDRAQUENCH INTENSIVE SERUM BI-PHASE R580.

LIP-SMACKING LACQUERS

There's nothing worse than dry, cracked lips in winter. They are sore to the touch and are just plain unsightly. Lips get especially dry in winter because lips have very little oil glands to keep them moisturised. The lack of moisture in the air during the colder months doesn't do lips any good.

If you feel the urge to lick your lips when dry, stop! The digestive enzymes in your saliva break down the bonds on your skin, causing even more dryness.



ED'S TIP:
Exfoliate your lips weekly to get rid of dry skin.

1. BLISTEX DCT DAILY CONDITIONING TREATMENT R62,95. 2. LUSH POPCORN LIP SCRUB R95. 3. CLARINS MOISTURE REPLENISHING LIP BALM R190. 4. ELIZABETH ARDEN EIGHT HOUR CREAM INTENSIVE LIP REPAIR R210. 5. EUKERIN INTENSIVE LIP BALM R57,95. 6. KIEHL'S LIP BALM #1 R85.

MAGNIFICENT MASKS

Besides their hydrating qualities, masks also address other skin concerns that don't disappear because it is winter like hormonal acne flare-ups. Masks distress the skin, giving it a healthy radiance.

It's important not to skip a weekly mask routine during winter as it gives the skin instant boost. Remember that masks penetrate further down the epidermal layer to deep-cleanse and rid skin of impurities, making it easier for your winter skincare products to penetrate quickly.



1. HANNON REHYDRATING MOISTURE MASK R245. 2. DERMALOGICA MULTIVITAMIN POWER RECOVERY MASQUE R690.

3. DECLÉOR DIVINE REGENERATING MASK R985. 4. LANÇOME HYDRA-INTENSE MASK R470. 5. DR. HAUSCHKA SOOTHING MASK R548.

6. QMS MEDICOSMETIC HYDRO FOAM MASK R700. 7. ELIZABETH ARDEN PEEL AND REVEAL REVITALISING FACE MASK R325.

EXCELLENT EXFOLIATORS

A build up of dead cells on the skin's surface (from the cold dry air outside and the hot air from indoor heaters) can leave your skin looking flaky and patchy with a visible, uneven skin tone from your face to your body.

The best method to remove dead skin cells is by exfoliating. But too much of a good thing can irritate your skin. Exfoliate at least once a week using a gentle exfoliator or the new breed of sonic brushes.



1. MIO DOUBLE BUFF DUAL ENZYME EXFOLIATOR R500. 2. JUSTINE BODY BALANCE EXFOLIATION BODY SCRUB R85. 3. FOREO LUNA FACIAL CLEANSING SYSTEM R2 790. 4. CLINIQUE SONIC CLEANSING BRUSH R1 600. 5. CLARISONIC MIA 2 R2 499.

GENTLE CLEANSERS

It's essential to cleanse your skin (especially your face) twice daily, no matter what the season. This will remove oil build up, make-up and pollutants. But harsh cleansers can have a drying effect on your skin. If you're prone to having extremely dry skin in winter—use products containing glycolic acid and opt for cream-based cleansers. Avoid rubbing your skin if it feels supersensitive in winter.



EDS TIP

Ditch your usual cleansers and try a gentler oil or milk cleanser.

1. NIVEA IN-SHOWER BODY MOISTURISER R39,95. 2. GARNIER SOFTENING CLEANSING LOTION R64,95. 3. CLARINS PURE MELT CLEANSING GEL R330. 4. DOVE BEAUTY CREAM BAR R16,99. 5. VICHY EAU THERMALE SPA WATER R169. 6. BIODERMA SENSIBIO H2O MICELLAR CLEANSING WATER R179,95. 7. EUCEPIN DERMATOCLÉAN MILD CLEANSING MILK R99.



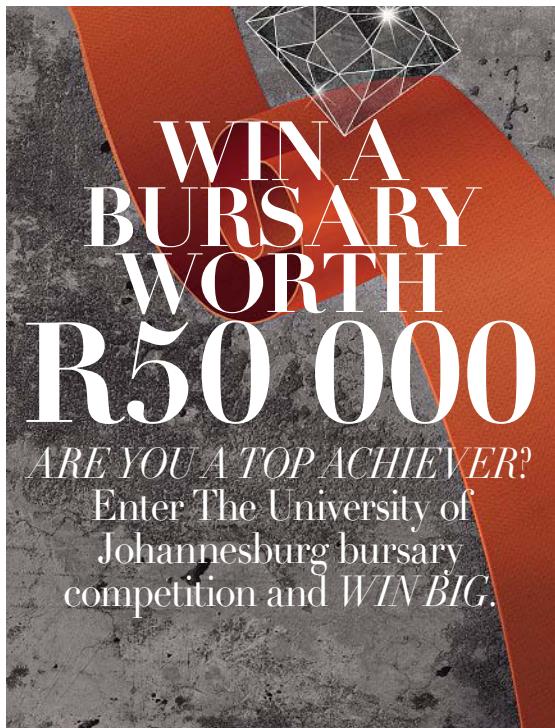
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To walk on the orange carpet, you need to have an Admission Point Score (APS) of 40 or more and you must have a minimum of 70% pass in ALL your subjects. This will give an automatic entry into the bursary draw where you could win an additional R50 000. Bursary benefits include:*

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- ▶ A R2 000 voucher that you can use to buy textbooks or a tablet with one of UJ's main suppliers.
- ▶ An extra R5 000 bursary if you have achieved an APS of more than 46 on your Grade 12 results.
- ▶ Guaranteed accommodation at a UJ residence if you plan to live on campus.
- ▶ A sports bursary if you've achieved at provincial or a higher level.
- ▶ On-campus benefits like somatology specials, exclusive invitations and access to VIP section at UJ sporting events.

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KELLY ROWLAND AND BEYONCÉ KNOWLES-CARTER

COMPETING FRIENDS

There's nothing wrong with *WANTING THE SAME THINGS AS YOUR FRIEND*, but this can become a *PROBLEM IF IT TURNS INTO RIVALRY*.

BY PERCY MATSHOBA

Cousin-cum-friends Beyoncé Knowles-Carter and Kelly Rowland shared the same dream of being successful musicians one day. As it turned out, Kelly found herself in the shadow of her superstar friend. In 2013, Kelly publicly let out her feelings through her song *Dirty Laundry*. The lyrics go: "When my sister was on stage killin' it ... I was enraged, feelin' it ...". She also had an emotional breakdown while performing the song. Psychologist Judith Ancer says: "Competition stops being healthy when one friend becomes envious and the friendship turns into a rivalry.

Ideally, one should always be happy when their friend succeeds. Whether she buys that fancy car she always wanted, finds a loving partner or gets offered the job you most desired."

According to clinical psychologist Zaakiyah Mohamed, we "tend to compare ourselves to others because that is how society is designed. But competition doesn't have to be a problem". She adds: "The challenge comes when you start acting differently towards one another; when you start undermining your friend because of jealousy."

Anele and Lerato, both 26, have been

friends for more than a decade. They also work for the same company. But after Anele got the promotion Lerato wanted, their friendship turned sour. "It got worse when I bought my first car. Lerato would make rude comments whenever I was recognised for my achievements at work," says Anele.

This inevitably strained the relationship and caused them to drift apart. Judith says: "It takes a lot of maturity and being secure about who you are to be happy for your friend. However, the friend who's progressing well in life should speak openly about her successes, but be mindful of the other's hopes and dreams. If a situation like this is handled maturely, it could be a chance for the successful friend to help the other."

This could also serve as a motivator for the other friend who still feels the need to excel. And, with the guidance of the one who is already successful, she'll be well on her way to prosperity.

"It's also important to remember the value you bring to the friendship, such as stability, encouragement or motivation. Moreover, introspection should help you gauge if you can still give your best to the friendship. But if your friend has turned

superficial because of her successes and doesn't involve you in her life any more, then you can consider walking away," says Judith. She further mentions the importance of knowing that friendships sometimes change. "It's always ideal to hold on to the friends you grew up with, but it's important to gracefully leave the friendship if the cords of your union are beyond repair," she says.

Zaakiyah agrees: "People shouldn't just stay friends because they've known each other since childhood. At times we are inclined to compete with our friends because of our environment, like when we are constantly critiqued either by our families or other friends," she says. "It's vital to create boundaries to protect your friendship. Make it clear to the people comparing you that you each have your own paths and are happy with that," she says.

But in celebrity friendships it's natural for women vying for the same acting roles, gigs and shoots to take out their frustrations and jealousy on each other at times. There are, however, some who've learnt the secret of maintaining strong friendships, like actress Gabrielle Union and Hollywood sweetheart Sanaa Lathan, who have been best friends for 15 years. They've found themselves auditioning for the same roles countless times.

In fact, they met while shooting *Love and Basketball*, in which they played enemies. The fabulous 43-year-olds constantly post pictures on Instagram of each other and, according to Lathan, they are each other's rock in the industry. "This isn't an easy road and it takes perseverance. It's great to go along this journey with someone who gets it. It's not easy being an actress; you need people who understand this industry and who can pick you up when you are down, encourage you to go on. That is what we do for each other," she says.

"Good friends want the best for one another, even if it's sometimes uncomfortable and makes them feel inadequate. They should be able to speak about these issues. Even if one becomes more successful than the other, they should be able to share those feelings openly and deal with them while still having the other's happiness at heart," says Zaakiyah.

Skeem Saam actresses Dieketseng Mnisi, 54, and Harriet Manamela, 44, have been friends for 13 years. Harriet says Dieketseng gives her many tips to better her character in the show. "When I got to *Skeem Saam*, my Sepedi language wasn't good. Dieketseng was patient and very helpful in teaching me the language. She freely passed the baton on to me so that we could both be successful, as well as make the product perform better. We don't compete, we help each other grow," says Harriet.

Dieketseng says the important thing is to focus on growth and not competition. "We've been in the industry for many years, so we understand that it's not about competing, but about passing the baton. If we compete, it would be difficult to share our strength," she concludes.

If you're competing with your buddy, you can take a lesson from nature – it never competes, it just is. We are all on different paths in life and we all bloom at different times in our lives. Be tenacious and hone your skills, and most importantly – wait. Your time to shine will come too. ■

TERRY
PHETO
AND
THEMBI
SEETE



FAMOUS FRIENDS

Kelly Khumalo, 31, and **Lucia Mthiyane**, 40, met on the cast of *Rhythm City* and they've been seen having fun together on several occasions. Lucia even held Kelly's hand when her soccer star boyfriend Senzo Meyiwa was tragically killed. The besties are focused on boosting each other's success by working together as they did years ago in girl band Big Five. Lucia says: "We are like sisters. We confide in and support each other in good and tough times."

Masasa Mbangeni and **Pearl Thusi**, both 26, have made names for themselves in the acting industry. While Masasa focuses solely on acting, Pearl is a TV presenter, model and actress. They are inseparable, and motivate each other to stay fit and healthy, and to achieve their dreams. They also have each other's backs. "If I'm fired, I know my girl will hook me up ... I'm covered!" Masasa once tweeted.

Terry Pheto, 34, and **Thembi Seete**, 38, met at the casting for *Zone 14* a decade ago. The besties don't let the pressure of competing get in the way of their beautiful friendship. Thembi says: "Our friendship is the best because there's a lot of love and understanding. We are able to share our deepest and darkest secrets because we both feel safe and comfortable with each other."



LUCIA MTHIYANE AND KELLY KHUMALO.



That's RUDE!

As parents, we often encourage our kids to express themselves, but what happens when self-expression turns into *BAD MANNERS*?

BY NOMFUNDU LENTSOANE

Psychologists say experimenting is a critical milestone in a child's development. But there's a fine line between building self-expression and bad behaviour. A seven-year old slamming doors because she's angry that she was told to switch off the TV and go to bed, or a three year-old spitting on other kids and adults, are examples of

bad manners. Swearing and making rude comments get children into trouble. Every parent knows when their child is doing something that's unacceptable, and when you start getting reports from other parents and teachers, you know that whatever your child has done is wrong. A young mind is like a sponge and is easily influenced. Your child might pick

up some bad language at school or they may be hearing you swear every morning during peak traffic and assume it's fine to say such things. Some kids would slap their parents and the entire family would think it's cute, or the child would be disrespectful and everyone would think: "How grown-up of him to think like that?"

But it is important to remember that as parents, we play a role in condoning unacceptable behaviour and this should be nipped in the bud. We need to be careful of how we speak to our children and to each other as parents. Bafana Peter Siboyana, a counselling psychologist for the Careways Group, explains that having a child with rude tendencies is taxing for parents, siblings, teachers and anyone else they come into contact with.

"This is why it is important to take action against the first signs of rudeness your child portrays. Letting them be and allowing them to model socially unacceptable behaviour will only make the child worse. It is easier to 'fix' a child than to change a grown human being," says Bafana.

But unlike in the past, when there was nothing a good spanking couldn't solve, parents must use other means of discipline. According to Bafana, the way you reprimand your child is also important. We need to avoid screaming and shouting at our children, as difficult as this might be. "Children who are treated with calmness and respect embody those values and react the same way," says Bafana.

Sometimes your child might not be the perpetrator but is picking up bad behaviour or obscene language from her peers. As a concerned parent, you are well within your rights to communicate the issue with the other child's parents – not necessarily the child.

Handle this with the greatest sensitivity. "You do not want to come across as undermining the other parent's authority and we do not encourage parents to tell children who they should not play with. Parents need to be mature in trying times," says Bafana.

A report by Carol-Lesley Brown, a remedial therapist at the Johannesburg Assessment Centre, reveals that there are medical conditions that children who portray ungovernable behaviour could be suffering from, and sometimes the behaviour is beyond a child's control.

The most common of these conditions is attention deficit hyperactivity disorder (ADHD). According to Carol-Lesley, there are distinct signs that your child could be suffering from ADHD. "Children with ADHD have difficulty

focusing and concentrating. They often struggle to complete tasks and end up making impulsive decisions and careless mistakes. Sometimes they do not listen. They are very active, restless and fidgety," she explains.

Carol-Lesley adds that they often daydream. "They will disrupt a class or social activity. These children often underachieve at school. They will do things such as leave their desks and walk around during a lesson."

Bafana concurs. "Unless a child is born with a mental condition such as ADHD, there is no reason for a child to portray rowdy behaviour. Children learn what they see around them so when a child is uncontrollable, you need to look at what they are exposed to at home, school and the people they socialise with."

"You also need to be able to speak to them and help them realise the difference between good and bad mannerism," he says. According to him, the key to finding solutions is accepting that your child is not like others and taking immediate action.

"Sometimes, as parents, we are good at denying problems that are specific

to our children. Our kids are always 'perfect' and that is a problem," he says. Carol-Lesley further says there may be other conditions causing your child to come across as being uncouth.

In a report about an eight-year-old boy who seems to be suffering from oppositional defiant disorder (ODD), Carol-Lesley writes: "Many people don't know about ODD. Children who suffer from this are noted to be deliberately disobedient, oppositional and defiant.

"This hostile behaviour can become severe, where conduct disorder develops; and sometimes, violent or destructive behaviour, vandalism, stealing, lying, cheating and drug addiction occurs. These people have little remorse for what they have done."

Because it has been so commonly diagnosed, ADHD in children is highly controversial at the moment.

So before you self-diagnose your little one or any other child, speak to professionals first.

It goes without saying that as parents, we need to keep educating ourselves about bringing up children in the 21st century and we need to be consistent with how we reprimand our offspring. ■

NIP IT IN THE BUD

Jo Frost, aka Supernanny, shares tips on dealing with bad behaviour. "Ignore minor disrespectful behaviour such as backchat or sulking. Say: 'I will not tolerate being talked to like that,' and do not respond until your child is communicating appropriately.

For behaviour that is more offensive or rude, you can use the naughty-step technique. Before using this technique, make sure you give one warning clearly, stating why the behaviour is disrespectful and unacceptable. "In our family, we don't talk to each other rudely."

When your children are rude, don't laugh as this will give them positive attention and encourage them to continue being rude. However much you cringe when you see or hear your child being disrespectful in public, resist the temptation to correct them in front of others. Instead, take your child aside and describe the behaviour you disapproved of and provide guidance. For example, say: "I noticed you ignored the librarian when she asked you to stop talking. She seemed upset by your lack of respect. Either you can act more politely or we will have to leave story time," she advises on www.supernanny.co.uk.

Your relationship is cruising along nicely, so you think there's no need to worry about your future together. But then you hit a snag and find yourself asking how compatible you actually are with your better half. These "hot spots" put your relationship under scrutiny, and sometimes you may not like what you see.

"We call it the 'pinch, pinch, crunch' theory," says Graeme Armstrong, a counsellor at the Relate Institute in Utah in the United States. "A relationship can suffer a few pinches and will probably recover, but if you don't tackle the underlying issues, it can reach crunch time, when it may be too late."

Arming yourself with the tools to tackle your hot spots before they strike can stop them feeling like a disaster. "Relationships go through these difficult stages, but if you communicate openly, you'll stay committed," says Armstrong.

THE HONEYMOON PERIOD

When you fall in love, everything seems perfect—you want to spend every minute with your partner and you're enchanted by whatever they do. But after about 18 months, these feelings fade. This can seem like the relationship is over, but it's perfectly natural to feel this way. "It's partly biological," explains Paula Hall, a relationship psychotherapist at the Relate Institute and author of *Improving Your Relationship for Dummies*. "When you first meet, your body produces hormones that are designed to keep you together so you'll get pregnant. But it's normal for these hormones, which generate lust and



Fight to keep your man

At some point, every relationship hits a snag, but *YOU CAN OVERCOME THE CRUNCH* and come out stronger.

BY ROSALIND RYAN

excitement, to wane and be replaced by deeper feelings of intimacy."

Armstrong adds that the end of the honeymoon period also has a psychological basis. "When you first meet, you feel fulfilled," he says. "This person meets your needs, such as helping you feel safe or supported. But once those needs have been met, it can feel as if you don't need your partner any more. It may seem like your relationship is over, but it's actually just beginning."

Cool it: Work out whether your partner is simply meeting your needs. For example, if you had a chaotic childhood, your partner may be calm, offering you a sense of stability. Ask yourself how he makes you feel or if there are any other qualities about him you admire. A counsellor can also help you realise the unmet needs you're seeking to fulfil.

Hall says: "You could also be in love with the idea of falling in love, rather than being with a real person. Falling for somebody is a lot more 'real', so you risk being hurt. Look at your compatibility and write down what you have in common. Are you physically, emotionally, socially and spiritually compatible? Do you share the same goals? If so, your relationship is likely to grow."

WHEN KIDS ARRIVE

"A new baby brings a tremendous amount of love and joy into your relationship, but any unresolved problems can also be magnified," warns Armstrong. The problem could be adjusting to your new roles in the relationship.

"You're no longer you and him, you're now mom and dad, or the one who earns and the one who stays at home," says Hall.

If you're used to having a job, it can be difficult to adjust to a new role as a full-time mom. Armstrong says your social life will take a hit, and you'll have less time to yourself and less time together as a couple. As for your sex life, it will probably end up taking a back seat until you both adjust to having three people in your union. If you haven't discussed how you'll handle all these changes before your

baby's born, it can be stressful trying to figure them out after it arrives.

Cool it: Just as you'd redecorate a nursery in anticipation of the new arrival, your relationship also needs a bit of renovation to prepare for your first child. "Have an open conversation with your partner about how you want to do things. This is a great opportunity to decide what you want your new family to be like," says Armstrong.

Do you want your child to have a similar childhood as you did, or do you want a different one? What are your partner's expectations and hopes? Talk about how long you expect to be off work and the level of support you'd like. But if you keep using your child as an excuse to avoid dealing with problems, it may be that your relationship is the problem, not your child.

Think about whether you're pushing your partner away by making excuses. If so, is it because you're tired, feeling unattractive after the pregnancy, or is it something deeper? Are you afraid of being dependent on your partner, so you're trying to distance yourself from him? Are you angry at the amount of time he spends at work? If so, get help to figure out your feelings.

A TRAUMATIC EVENT

Just when your relationship is on track and things are going well, a job loss or a death can unsettle your relationship. "Losing our child was very traumatic for my husband and me. We were both grieving in our own way, but it was pulling us apart. But we realised that we needed to support each other," says Bongi, who had a miscarriage last year. "Bereavement and redundancy may leave you depressed and knock your self-esteem. When that happens, your relationship often gets pushed to the sidelines and sex can go out of the window," says Armstrong.

Cool it: "Some people need more space when coping with grief, whereas others need more attention. Try to be honest with yourself and your partner about what you're going through and what you need. If it's your partner who's suffering, it's important to support them, but make sure you know

what kind of support they want," says Armstrong. If you notice yourself withdrawing, go to a friend you trust whom you can talk to. It can take more than a year for your relationship to recover, but if nothing has changed after this period, it may be time to consult a bereavement therapist or a couple's counsellor.

THE LONG-TIME ITCH

Sometimes cracks appear in your relationship when it feels like nothing new has happened for a while. "Once you've got the milestones of getting married and having children out of the way, it can feel a bit like, 'Is this it?'" says Hall. The regular routine of going to work, caring for the kids, keeping fit and staying in touch with friends can become predictable. It can also be difficult to find your partner sexually attractive when all you talk about is who's collecting the kids from school or what's for dinner.

"You can find yourselves slipping into a brother-sister relationship," warns Hall. "You still care for your partner, but you're no longer sexually excited by them."

"This is normal; it's actually essential for your relationship to go through this stage. It's all about resurfacing and rediscovering who you both are," says Armstrong.

Cool it: It's important you both recognise what's happening. Talk to your partner to see if they also feel stuck in a rut, and if there are things they'd like to do differently. Obviously, your family is important, but don't become only a wife and mother. "The more interests and activities you do by yourself, the more you have to bring to the relationship," says Hall.

Start making plans as a couple, as well as a family. "If the children are old enough, why not go abroad for a holiday together?" asks Armstrong. "Doing something challenging can revitalise your relationship and bring you closer."

This can also help revive your sex life. "Sexual desire needs difference and yearning. The more you can do to stop yourself slipping into the brother-sister mode, the better," says Hall. ■



MOVES MEN LOVE

Take sex *FROM PREDICTABLE TO PHENOMENAL* with these mind-blowing moves that will have him begging for more.

BY HELENE LEE

TAKE CHARGE

A man is the hunter and you expect him to chase you, but every so often, you need to initiate sex. It's not enough to simply unbutton your blouse and flirt outrageously with the man – you have to mean it. We are talking “steer-him-towards-the-bedroom-and-push-him-down-on-the-bed” kind of mean it.

“I love it when my wife turns into a tigress. She once pushed me up against the kitchen wall, wrapped her leg around my waist, and unzipped me. She didn't bother getting naked, we just did it there and then,” says Chris, 34.

Why this works: If your man always initiates sex, he's going to think you

don't want him. Make him feel wanted by being the huntress every now and then. Don't allow a busy schedule – yours or his – to interfere with your fun. If you suddenly get an urge for sex, make sure the kids are out of the room and just do it.

SURPRISE HIM

“I wish my girlfriend would do something different, she always goes straight for the penis,” says Peter, 29.

We never thought we'd hear a man complain about a woman heading straight for his pride and joy, but it's true: just as you hate it when he always does the same thing (left breast, right

breast, bull's eye), he hates it when sex becomes predictable. Spice things up by trying different moves: if you're used to missionary, try girl on top. If he's always the gentleman, encourage him to become the caveman (within limits, of course). If sex is fast and furious, slow things down and explore the other parts of his body like his neck, inner thighs, the small of his back and his feet. Use your tongue and fingers to stroke his flesh as if it's the first time you've ever seen, smelt and felt it.

Why this works: Imagine eating the same meal every day for years ... boring, right? Treat sex as a sensual buffet, even if you have to buy recipe books (read sex



books) to up your skills. He will relish every morsel.

BE BRAVE

"I've always had a fantasy about making a sex tape with my wife Carol to take with me whenever I travel for work, but she always refused," says Mark, 42.

"But she changed her mind one night and connected the camcorder up to the TV and we made love in front of it. It wasn't recording, so she felt safe, but it was incredibly sexy watching each other on the screen."

Mark may be surprised to learn that women, too, have fantasies involving being watched during sex – they just

don't want that fantasy to spill over into real life should such a tape ever land up in the wrong hands. So what Carol did was both brave and sensible. She gave her man the visual stimulus he craved but protected her privacy by not pushing the "record" button. Other adventures could include making love in a public space or pretending to be strangers out on a first date.

Why this works: Watching each other make love on a screen or your reflection in a mirror is incredibly arousing for your man as it helps him see parts of your body he would not normally see during sex. You might wonder what all the fuss is about (and might even be a bit shy about letting him see so much), but men are visual creatures and find this quite thrilling. Indulge him.

STRIP DOWN

Next time you go out to dinner, wear a calf-length trench coat with your sexiest heels. When he asks to take your coat, refuse. When he asks why, tell him you can't because you are not wearing anything underneath.

"When my wife did that to me, I was so aroused I couldn't even eat," says Andrew, 38. "Needless to say, I asked for the bill as soon as possible, and we went home to make love!"

We may feel self-conscious about our naked bodies, but a man doesn't really care about stretch marks and extra weight. What he wants from time to time is his woman getting confidently naked for him. This might mean giving him the occasional striptease or doing your housework in the buff.

Why this works: Sex can become predictable when couples have been together for years, which is why it's a good idea to have a naughty surprise or two up your sleeve.

GET DIRTY

Oral sex takes on a whole new meaning for him if you put something in your mouth just before he reaches a climax. Try sucking a mint just before you take him to orgasm. The mintiness will have the same effect on his naughty bits. Or try taking a sip of something cold and bubbly, like soda or champagne, just before you take him to orgasm.

"My girlfriend sometimes sucks on an ice cube as she's giving me oral sex. I

love the warmth of her mouth and the chilliness of the ice cube – it plays havoc with my senses," says Modise, 31.

In colder weather, Grace, 34, swirls hot tea around her mouth before going down on her husband. His "ahs" of approval tell her all she needs to know.

Why this works: Going the extra mile while doing something he loves will enhance his pleasure and make him thank his lucky stars he's got such a bad, bad girl.

TICKLE HIS FANCY

Your feet are good for a whole lot more than just walking. Try playing footsie with your man when he least expects it. When you're sitting opposite him in your favourite pub, kick off your shoes and caress his legs with your bare feet. Tickle his ankles with your toes. Put your bare feet on his lap and wiggle them a bit. We guarantee you that he won't be able to stand up for a while!

Why this works: Women's feet can be incredibly alluring to a man. There's something about feet – the delicate toes, the pretty instep, the slender ankles – that men find fascinating. So using your feet to seduce him is incredibly exciting, even more so when you maintain eye contact as all this exciting foot play is going on under the table.

SOAK UP TOGETHER

"I shower in the morning and my wife showers at night, but one night, she invited me to shower with her," says Mo, 35. "She rubbed my body with salt scrub, and I soaped her up, and before long we were giggling and getting all silly. That night, the sex was great. I think we need a bigger shower, though!"

Water is a wonderful medium to foster relaxation and intimacy. Whether you prefer showers or baths, getting wet together is a great way to unwind and get the mind and body ready for sex. (Tip: If you have never had oral sex, this is the best time to try it, when you and your man are both squeaky clean.)

Why this works: The steam and rubbing action stimulates the nerve endings and blood flow, leading to arousal and increased lubrication.

The shared intimacy and laughter is also great for building a strong relationship. ■



NEW BUM ON THE BLOCK

The *BELFIE* has replaced the *SELFIE* as a new social media craze and redefined what sexy is. Welcome to the era of *BIG*, beautiful *AFRICAN BOOTIES*.

BY KHUTHALAH NANDIPHA AND NONHLANHLA KHUMALO

Billboard music charts declared 2014 the year of the bum, and it's not difficult to figure out why. Music videos such as Nicki Minaj's *Anaconda*, J-Lo and Iggy Azalea's *Booty*, and breakout star Meghan Trainor's *All About That Bass*, which is essentially all about having a big behind, all received major airplay.

It seems the big booty just came out of nowhere, and the craze has us all looking over our shoulders to check if we're endowed enough to measure up. Do you have cakes, buns, or just pancakes? And could you even be bothered? Bums were never really on the table for discussion for us African women. Everybody has a good size, so what's the world on about?

The fascination with women's derrières has existed for centuries, and whenever it resurfaces it takes on a

heightened form of hysteria. In the past few decades, the world was obsessed with bigger busts, but J-Lo burst on to the music scene in mid-90s, her bountiful behind became a hot topic. She once told E! News: "My butt wasn't the greatest thing to have back in the day. I was told I was too thick to be a dancer."

Then, there was Destiny's Child's *Bootylicious*, which empowered women to celebrate their curves and shake their "jelly" the world over. There's no doubt that whatever music, fashion, film and popular culture decides is cool becomes a trend. At the turn of the millennium, the world was looking for something different from the usual gaunt models on the runway, and curvy became the new cool. But it didn't stop there. Hip-hop artists heaped

praise on big-bootied babes, and the scantily clad girls in their videos started shaking their bums like there was no tomorrow. It was like the popular local 90s dance move *tsipa*, *tsipa* had come back – on steroids. Bums grew larger, waists got smaller, and it seemed everyone was in pursuit of that perfect "Coke bottle" shape.

When the Kardashian clan took over reality TV, the booty train was at full steam. Everyone wanted Kim K's big booty, and stars like J-Lo finally got the praise they deserved. While J-Lo and Beyoncé's bums are real, some argue that Kim K and Nicki Minaj's aren't. It's rumoured that J-Lo's butt is insured for about R330 million, and it became a bone of contention when she released the video

for her song *Booty*. Of the 42 million views the video received on YouTube, some thought the salacious moves she and rapper Iggy Azalea performed were a bit too much. But former boyfriend P Diddy defended her, describing her booty as a “work of art”. Over the past three years, South African media and social networks have been abuzz with celebrity women’s bums. In 2012, a screen grab of Kagiso Rakosa’s bum went viral after her character, Sharon on *Generations*, appeared on screen wearing a skinny dress that showed off her round behind. Newspapers such as *Daily Sun* unashamedly went on news alert, carrying the headline “Sharon’s 100% bum” on posters across the country.

In 2013, actress and presenter Boity Thulo appeared in *Marie Claire*’s Naked issue for charity, with her backside taking centre stage. The image was arguably one of the most talked about in the entire series. Boity’s bum trended on social media and became an unofficial benchmark for great bums. Every woman wanted theirs to look like hers, and every guy wanted to look at it.

Muvhango’s Buhle Samuels, who plays Matshidiso on the show, took over the reins from Boity after a screen grab of her bum that went viral on social and local media, much to her chagrin. Buhle has since lamented that she would rather be known for her talent as an actor rather than the girl with the remarkable bum. Buhle’s *Muvhango*

co-star Lesley Musina, who plays Ndalamo, Matshidiso’s love interest in the soapie, has a profound appreciation for women with curves and big butts. “I celebrate the female build, and it’s a good thing, because we are going back to defining beauty the original African way,” he says. But he agrees the manner in which appreciation is shown can border on dangerous territory. “The attention can be invasive and perverted, and it has always been clear that some women do not like this special focus on their behinds. As males, we need to appreciate but also be respectful,” he says.

Lesley claims that when he comes across a big-butted woman, he looks but never stares, out of respect. “We must be very careful not to define women by their physiques because they happen to be pleasing to the eye. I understand women’s frustrations on this matter, because I also get women staring, screaming and jumping on me. It’s uncomfortable, but I’m aware that it’s appreciative,” he says.

South African poet, writer and performer Napo Masheane argues that there’s a very thin line between appreciating female aesthetics and ridiculing them with unwanted attention. Napo wrote and performed the critically acclaimed one-woman stage production *My Bum Is Genetic, Deal with It*, a personal story about reclaiming her bum.

“I grew up in a family of big women with big bums and curves, so it was normal to us. But as I grew up, I was

called names, teased, and my identity was literally stripped down to ‘Napo with the bum’. I cried about it because I felt invaded and ridiculed, until I realised that there was nothing I could do to change it, except claim it and own it.”

Napo brings her bum on stage for all to see and, hopefully, get over it and notice her many talents. “When it comes to women, there will always be a physical trait that stands out ... It makes sense that African men would appreciate big-butted women, but there is a civilised way to compliment people without feeling entitled to their body parts,” she says.

The bum craze has inspired a whole new industry, and prompted surgeons to come up with many surgical ways to enhance the rear end. Nowadays, plastic surgeons offer bum implants, bum lifts and bum augmentation, none of which even existed just a decade ago.

According to the International Society of Aesthetic Plastic Surgery, cosmetic surgery is on the rise on a global scale. Statistics show that more than 23 million cosmetic surgical and nonsurgical procedures were performed worldwide in 2013 alone. Although breast augmentation still tops the list, liposuction and body sculpting surgeries came a close second. And after seeing too many botched bum augmentations, a new procedure is becoming popular, the Brazilian butt lift, which uses the patient’s own body fat instead of implants. The surgery can cost anything between >





R49 000 and R61 000. However, it's not only surgeons that are laughing all the way to the bank; clever businesses are cashing in as well. One example is the padded undergarment that many budding entrepreneurs across our cities are selling like hotcakes. Ranging between R70 and R450, the underwear, known as the "nyasha pad", is produced in Nigeria and caters for those who feel their bums need a bit of plumping. In local circles, the pad has been renamed the "Matshidiso", after Samuels' TV character.

Another invention is that of the "belfie" (risqué pictures of your booty) stick, an absurd cousin of the equally absurd selfie (self-portraits) stick. Popularised by Kim K, belfies now litter Instagram accounts. This has ensured women's bums become omnipresent in the media and to the public. But some, such as *Isidingo* actress Linda Sokhulu, think the hysteria is unfounded as big bums and body enhancements have been around for centuries.

"Body-part enhancers are a phenomenon of Western origin and they have become common practice across the world, depending on which body part is trending at the time. We've had push-up bras and silicon implants for many years. I guess it's a feeling of inadequacy within a culture that has imposed a generic concept of beauty," she says. Sokhulu is adamant women should be allowed to make such personal decisions and explore options available to them. "If it makes a person feel good and helps them to be socially accepted, we ought to give people that space. I wouldn't do it because I have my own ideas about beauty and sexiness."

While the craze seems to have brought a new-found freedom for curvy women, media personality Anele Mdoda warns that although women ought to have the right to use their bums to get attention, "if you don't back up the aesthetic with talent, it will be difficult to ensure longevity in any industry".

Warranted or not, social networks continue to feature screen grabs of women whose bums the public has recently taken note of, and we're all waiting eagerly for the next big-bummed artist to sing and shake her booty simultaneously.

We may be in a passing phase of rampant appreciation, but women's bums will always set tongues wagging – whether we like it or not. ■

IMAGES Instagram

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EVERY GIRL NEEDS A MENTOR

Plan your career with the help of *PRICELESS ADVICE* from a *MENTOR*.

BY ZAMAHLASELA GABELA

"To be a mentor, and an effective one, one must care ... Know what you know and care about the person you're sharing with," said the late Nobel Peace Prize-winning author Maya Angelou.

This is what makes mentorship one of the most influential parts of an individual's personal and career development, but it's something we don't always take advantage of. Mentoring can be defined as a kind of relationship where a mentor (someone with more experience,

expertise and knowledge of life or the industry) guides a mentee (a person who wants to grow in their career or on a personal level).

This relationship aims to enrich, empower, guide and develop the mentee's interests. Some of the most successful people in the world have relied on the guidance and encouragement of mentors, and career experts believe mentorship is something from which everyone can benefit. A mentoring relationship can also be between peers, where people

in a common situation draw strength from each other.

Once you have decided what kind of mentor you want, choosing the perfect person to fill this role is important. You may want to consider a person you are able to communicate with about all the important decisions you make. This means whomever you choose should be interested in your development and share the same sentiments as you. You also need to decide what type of communication is best and most comfortable for both

of you – do you prefer face-to-face interaction or email?

Tebogo, a 24-year-old chartered accountant trainee realised the importance of having a mentor early on in her career. Now in her second year as a working professional, she says that when she entered into a new and challenging work environment, she found it helpful to communicate with someone who knew more than her to listen, guide and assist. "There are countless pearls of wisdom that can be gathered through such interactions," she says.

When asked about mentorship during a television interview, the inimitable Oprah Winfrey said: "I think mentors are important, and I don't think anybody makes it in the world without some form of mentorship. Nobody makes it alone. Nobody has made it alone. And we are all mentors to people even when we don't know it."

NO EASY RIDE

It's important to understand that finding a mentor isn't necessarily going to make you a success. There's a lot of work that goes into using mentorship effectively in your career, and simply finding a mentor shouldn't lead you to believe you'll have an easy ride to the top.

In her book *Lean In*, chief operating officer of Facebook Sheryl Sandberg expresses her views on mentorship quite eloquently when she says she "realised that searching for a mentor has become the professional equivalent of waiting for prince charming. We all grew up on the fairytale *Sleeping Beauty*, which tells young women that if they just wait for their prince to arrive, they will be kissed and whisked away on a white horse to live happily ever after.

"Now young women are told that if they can just find the right mentor, they will be pushed up the ladder and whisked away to the corner office to live happily ever after. Once again, we are teaching women to be too dependent on others."

Although some may disagree with this, Sandberg is an example of how being consciously mentored can help a person progress in their career

through a mutual relationship between mentor and mentee. When Sandberg's mentor Lawrence Summers became the chief economist at the World Bank, he brought Sandberg in as a research assistant.

MULTIPLE MENTORS

Having multiple mentors in different spheres of your life is also something to consider. South Africa's first black female chartered accountant, Nonkululeko Gobodo, had more than one mentor. "I grew up in a family where I was coached and mentored to be the best and not to be restricted by limitations," she says.

Gobodo acknowledges her parents as mentors, as well as the myriad books she reads as sources of mentorship. In her early years at KPMG, she considered one of the partners, Doug Southgate, as a mentor. "He really believed in me and entrusted me with opportunities. He had a big impact on my life," she adds.

Because she was a pioneer in getting her qualification, another of her mentors was the first black man to become a chartered accountant in South Africa, Professor Wiseman Nkuhlu. "I always take full advantage of people who inspire me," she says.

Like Nonkululeko, Tebogo has more than one mentor. "I have three, each one serving a different purpose. I've learnt I need to have my own personal vision and mission in life. My mentors are mostly sounding boards, there to lend an ear and advice me. Ultimately, I'm in charge of making my own decisions," she says.

NURTURE GROWTH

Stacey Davidson, director of the Recycling and Economic Development Initiative of South Africa, is optimistic about mentorship. "Mentoring is something I'm passionate about, especially for young women. I think the economic emancipation of women cannot remain a song; it has to become a reality. This means that, as a country and as business, we must encourage young girls to prioritise education to pull themselves and their families out of poverty and hopelessness.

"Most women require basic support and assistance in starting up their businesses, as well as technical support and, most importantly, funding. Contrary to what we are told, business is not that difficult. It takes the skills we already possess from running homes, determination, and the ability to pay attention to your environment and spot opportunities that others miss," she elaborates.

"Workplaces are becoming increasingly globally oriented, so employers need to know that it serves them well to enhance the diverse perspectives of the working population through mentorship. Mentoring the workforce means allowing employees to develop and learn more."

Whether you're involved in a small business, have a corporate career or are just starting out on your path, getting advice from someone more experienced than you will help you grow in whatever you decide to pursue. ■

TYPES OF MENTORS

- ▶ **Trainee relation:** These mentors are people senior to you and in positions you would like to see yourself holding in the not-too-distant future. Start the relationship informally and ask them about their job, how they got to where they are, and if they have any advice to share. After that, keep it casual; hopefully you'll be comfortable enough to reach out to them again as questions emerge.
- ▶ **Formal relation:** These mentors will guide you through the medium term. They are at mid-senior level and have adequate experience to steer you in the right direction. They are focused on developing one or various skills in you.
- ▶ **Natural relation:** This type of mentor knows all facets of your life – your career-changing decisions and the intricacies of personal life alike. They are likely to share your ideals and values, and are usually there for the long haul.

Do you save a little every month in case of a rainy day, or are you broke by the second week of every month? Your spending and saving habits can help determine if being rich is on the cards for you. Take this fun quiz and find out.

IN THE THIRD WEEK OF THE MONTH, YOU:

- a. Know how much is in the bank and what you owe.
- b. Know what's in the bank but aren't sure about expenses.
- c. Wouldn't have a clue if you're broke.

WHEN THE MONTHLY BILLS COME, YOU:

- a. Pay everything off and organise next month's budget.
- b. Wish you'd thought twice before buying that designer dress or spa package.
- c. Put off opening them. It's going to be bad news!

YOUR ANNUAL BONUS IS:

- a. Tucked away into a savings or investment account.
- b. Spent on something fun like a holiday.
- c. Heaven-sent as you need it to pay off some urgent bills.

HEALTH INSURANCE, PENSION FUND, RETIREMENT PLANS ...

- a. You've got all of that under control.
- b. You've done the basics but could do more.
- c. That's stuff only old folks worry about.

YOU SEE A FABULOUS BAG BUT YOU'RE SHORT ON FUNDS ...

- a. You save up for three months then buy it.
- b. You buy it with your holiday savings, you deserve a treat.
- c. Hey, this is what credit cards are for!

SUSHI LUNCHES, HAIR WASHES AND MANI-PEDI SESSIONS ARE:

- a. Treats that you are careful about as they eat up money.
- b. Excellent for pampering yourself after a bad week.
- c. Daily pleasures. Hey, is that where my money goes?



SELF-MADE MILLIONAIRE

Take our QUIZ TO FIND OUT if you'll ever be a MILLIONAIRE.

BY ELLEN WHYTE

YOUR WARDROBE IS FILLED WITH:

- a. A practical mix of work and party gear.
- b. Favourites mostly, plus a few unwearable impulse buys.
- c. Stuff you don't even remember buying.

WHEN YOU GO OUT FOR DRINKS WITH THE OFFICE GANG, YOU:

- a. Prefer that each pays her own way so you don't overspend.
- b. Split the bill. It all evens out at the end.
- c. Pay for everyone, whether you can afford it or not.

LOTTERY TICKETS AND SCRATCH-AND-WIN CARDS ARE:

- a. A waste of time and money.
- b. You "invest" a few rands once or twice a year.
- c. Irresistible. After all, someone's got to win!

FINANCIAL ARTICLES IN MAGAZINES AND NEWSPAPERS:

- a. Give you good ideas for future investments.
- b. Must have instant appeal. If not, you skip them.
- c. Are boring, incomprehensible or both.

YOUR SCORE

Mostly As: The Money Manager

When it comes to money, you are cool and calculating. You also plan ahead carefully. This means you are rarely taken by surprise – even if there's a financial crisis or your car needs some urgent work done on it. We suspect that you are also reading up on great investment opportunities. You are definitely millionaire material.

Mostly Bs: The Impulsive Spender

Most of the time you do really well. You put money aside in advance for big purchases like a car, and you plan ahead for spending sprees like holidays. You could be millionaire material if it weren't for your sudden impulses to splurge. It's okay to have some fun with your money, but be careful you don't overdo it. Set aside some cash for an emergency fund just in case.

Mostly Cs: The Compulsive Shopper

You love to go shopping and surprising your friends with fun gifts, lovely lunches and other treats. Your generosity is wonderful but please read our tips below and make sure you don't land yourself in debt. Unless you inherit a fortune or win the lottery, you're unlikely to be a millionaire. It's a pity because you'd love the opportunity to spend it! ■

SOURCE Pan Media IMAGE Gallo Images/Getty Images

DEAL WITH CREDIT

"Debt is okay as long as it's manageable," says Mohamed Akwal Sultan, a professional financial counsellor who specialises in debt management. "The rule of thumb is that your total monthly repayments on big items like car loans, mortgages or anything you pay on instalment should not exceed 40% of your gross income." So, if your income is R4 000 per month, then car loans, instalments on your TV and mortgage should come to no more than R1 600. "Always pay off your credit card in full when you get your statement. If you can't, then pay as much as possible so you can avoid the compounding effect, which is extremely high. The moment you realise you are getting into debt, the first thing to do is stop using your credit card. The next is to pay off your credit card because it's the most expensive loan you have," he says. "Make a budget that covers all your income and expenses. See where you can cut unnecessary expenses. All personal pampering like pedicures have to go. The same applies for lunches and expensive coffees. Remember that retail therapy will get you into more trouble, so stay away from shopping malls."

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BEST DRESSED WINDOWS



Choose double curtain tracks with a clip-on-wood rod to complete this traditional glam room.

CREATE THE LOOK WITH DECORLAND

This "traditional glam" look is easy to achieve by combining antique pieces together with an overall opulent finish, focusing on clever detailing and luxe layering. Using the window as the focal point, invest in good-quality drapes before embellishing with gorgeous scatters and pin cushions.

The double curtain track allows for layering of drapes and voile and adding a block-out blind is pure luxury. Decorland's classic curtain track clip-on-wood rod beautifully disguises this functional product. Finally, by adding a chaise and headboard in neutral fabrics, you can mix and match accessories to take a basic bedroom into a warm, luxurious and relaxing retreat!



CURTAIN TRACK CLIP-ON-WOOD ROD
(64mm Walnut) 1.5m

R199

(Rods available in 1.5m, 2m, 2.5m and 3m)
Joiners available. Finials sold separately.



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CURTAIN TRACK CLIP-ON WOOD TIPS

Hang your existing curtains on the uppermost setting of your curtain tape. Attach your selected finials to the clip-on-wood rod and then clip it onto your already installed curtain track. The clip-on-wood rod should be slightly longer than your curtain track to allow space for the finials. An adapter clip is available for Decorland's Aluminium Curtain Track.



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WINTER TREATS

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IMAGE Roelene Prinsloo



RELAXED DINING

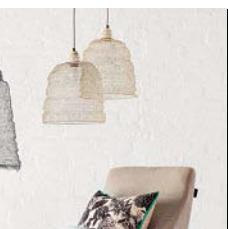
Jenda Restaurant in Montecasino, Fourways, offers a relaxing and pleasant Mediterranean feel. It's divided into a restaurant for formal sit-down meals, a flaring bar, and an upstairs section for wine tasting. The menu offers several meals to share, and an à la carte menu that includes steak, fillet, chicken breast, line fish and burgers. To book, contact Jenda on 011 510 7471.



LIVING NEWS

After exploring some DECOR IDEAS, taste some top wines and get CREATIVE in the kitchen.

BY PERCY MATSHOBA



COSY UP IN STYLE

Winter is the season to keep warm and enjoy the indoors. Weylandts' new throws in aqua, this season's must-have colour, are the perfect comforters to snuggle up with. Available in a wide range of styles, including the luxurious chunky and soft cable knits, they are cosy and warm, and will serve as beautiful decorative pieces in your lounge or bedroom. Available at Weylandts stores nationwide from R695.



SPICE IT UP

Spice up your meals with the new relish and pastes from Pesto Princess Foods. This exotic range includes Tunisian harissa paste, Moroccan chermoula paste and Argentinian chimichurri, inspired by home cooks. Add it to your stews, pasta sauces or festive meals. From R35 a bottle at selected Spar stores.

SIP & SAVOUR

Celebrate life with L'Ormarins Brut Rosé 2012, another addition to the Anthonij Rupert Wines portfolio. The Brut Rosé is made from a blend of Pinot Noir (90%) and Chardonnay (10%) grapes. It delivers a constant stream of fine bubbles with aromas of framboise and strawberries. Available directly from the Tasting Room in Franschhoek (021 876 2151) at R185 a bottle, and from select specialist wine stores.



WHAT MAKES FRUIT JUICE TASTE LIKE REAL FRUIT?



Fruit cells are the natural citrus fibres found in fruit that give it a flavour worth savouring.





MASTER CHEF

From winning *MasterChef SA* in 2013 to cooking all over the world, **KAMINI PATHER**, 32, shares her culinary journey.

BY PERCY MATSHOBA

I grew up convinced that chefs on TV were my personal friends. Nigella Lawson's manner of expression always got me percolating. She's a good writer as well as a chef, and I admire that. I always loved Gordon Ramsay, Antony Worrall Thompson and John Burton-Race; I was glued to them all.

People mistake me for a chef, but I'm not one. Chefs cook the same dishes for diners night after night. Being a TV chef is more about understanding flavours and technique, but not actually needing to cook for crowds.

I had no idea I was going to win *MasterChef SA*. Each challenge was new and daunting to me. When my name was called, I barely heard it. It was only when my mom rushed up to me that I knew I had won. It was special to be able to share that with my family.

Girl Eat World is a 10-episode series based on my life. I was a blogger before winning *MasterChef*, so in the series I travel to 10 cities around the world to meet with fellow bloggers who introduce me to their city through food, adventure and friendship. I went to Joburg,



Bangkok, Tokyo, Sydney, Lima, Philadelphia, Berlin, Milan, Copenhagen and Dubai.

Each country I visited was different and interesting in every respect, from food to people and fashion. It would be hard to choose a favourite, but the two that really stood out in my journey were Sydney for its eclectic approach (dishes such as caramelised pig's tongue with edamame beans), and Lima for its quinotto (quinoa made into a risotto-like dish).

One well-kept secret about cooking that only chefs know is that there are no measurements. The tactile measurement of salt or butter is something you learn. Like music, food is a momentary experience. One thing I could eat on any given day is cheese. I would choose cheese over chocolate on my deathbed.

I enjoy making large braised joints of meat. Before I left Cape Town, my parting dinner to my friends was a pork shoulder braised for seven hours in dark beer served with a sweet potato, fennel and coconut milk dauphinoise. The crescendo was peanut butter ice cream lollies. ■



MORE FRUIT CELLS

For even more of nature's goodness and flavour.





THE FAR WALL
IN THE LIVING
ROOM IS
HUNG FULL OF
PAINTINGS.



Lofty IDEAS

This former factory is a
DECORATOR'S DREAM, with
AMPLE SPACE for artworks
and charming objects.

BY MISHA VETTER

LEFT IS WERNER ELDERS' COLLECTION OF ART OBJECTS.

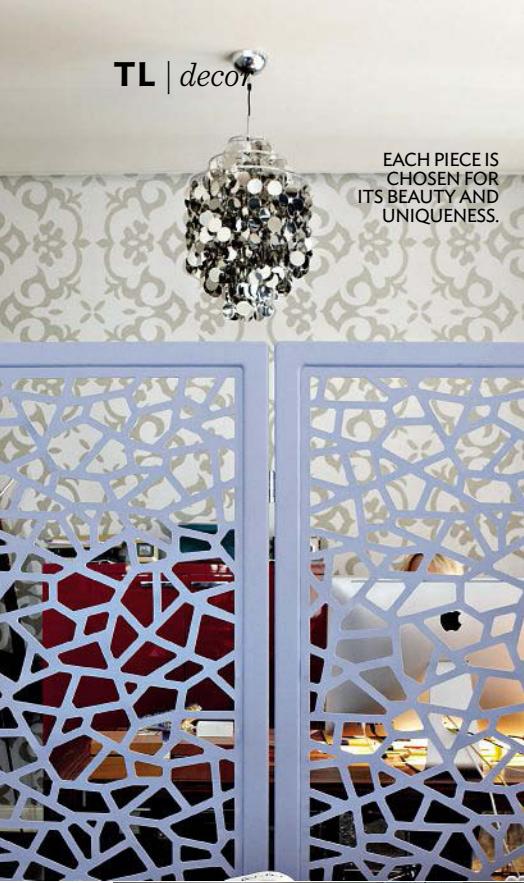


When one of Germany's most famous and inspirational success coaches, Werner Elders, comes home, he closes the door to the outside world and opens it up to the world he's created for himself in a converted old factory. The 220m² building is renovated to showcase the original open spaces and heights, with almost floor-to-ceiling windows on three sides that let sunlight flood in.

He references his love of collecting as adding to the work of art he calls his home, and which he sees as a direct expression of his own personality. "I never look for something specific. I amble along and let myself be inspired by what catches my fancy at that moment. I look at each item individually and don't question whether it will fit in with the other objects I have at home or not. Somehow, it always works out."

Elder's appreciation for beauty and design is especially apparent in the selection of unusual accessories he finds when roaming antique markets, which he loves doing when he needs to relax after days of intensive individual consulting and group coaching. >





EACH PIECE IS CHOSEN FOR ITS BEAUTY AND UNIQUENESS.



FINE MOSAICS DEFINE THE BATHROOM WALL.

A visitor's first impression upon entering the multidimensional living room is the far wall hung full of paintings in the style of a painter's studio. Most of these artworks are oil paintings dating from the mid-19th century to the mid-20th century from painters around Germany's Hamburg region. They are a legacy from a local art dealer, and many of the paintings were stored in a warehouse until Elders came upon this way of displaying them.

He loves to rearrange not only the paintings, but the general furnishings to achieve fresh new perspectives. His orange couch – chosen for its uplifting qualities – always remains the central focal point. This play on colours is something Elders loves to do.

The light blue kitchen wall signifies wellbeing because he feels it encourages deep breathing, and the gold wallpaper in the living room is a hue that pacifies and harmonises.

The large silver-coloured, abstract, geometrical room dividers are an example of practical art; interestingly, they are made of leather within aluminium frames. The practically laid out kitchen allows Elders to indulge

in one of his hobbies – cooking and baking classical northern German dishes inspired by his country roots from traditional recipes. No modern gadgets for him – his most important utensil is a large old-fashioned knife that has served him well for decades.

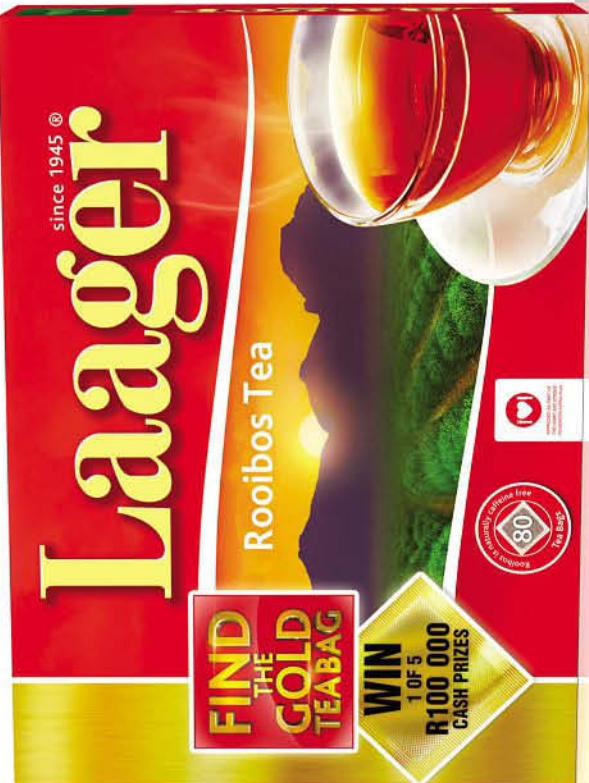
The only really separate rooms are the master bedroom and en-suite bathroom. Fine mosaics define the bathroom floor and walls, reminiscent of an ancient Roman space. A splash of whimsy is a red ceramic stool depicting three monkeys – an accent of colour in an otherwise almost monochrome scheme.

The bedroom is dominated by a noble bed "the price of a small car", says the owner, "but my back thanks me every night for it". An eclectic collection of jewellery, neatly displayed on an old leather trunk, is as much a collection of eccentric fashion accessories as it is decorative.

The loft is a direct expression of what the success coach stands for. It reflects his style, which combines the old and the new, earthy and abstract, totally individual and immediately recognisable as Werner Elders. ■



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APPROVED AS PART OF
THE HEART AND STROKE
FOUNDATION EATING PLAN

WARM Salads

Perfect for the cold season, these salads will *KEEP YOU WARM* and *HEALTHY*.

BY JUSTINE KIGGEN

PHOTOGRAPHS DAWIE VERWEY

POTATO & SALMON

Serves 4

INGREDIENTS

- 700g waxy potatoes, we used Woolworths red skin potatoes
- ½ red onion, finely chopped
- 150g streaky bacon
- 100g smoked salmon trout slices
- 10g flat-leaf parsley, chopped

For the dressing

- 2 tbsp grain mustard
- Juice of 1 lemon
- 1 tsp honey
- ⅓ cup olive oil
- Sea salt and black pepper
- Extra flat-leaf parsley to garnish

METHOD

1. Boil the potatoes in salted water until cooked through; drain in a colander. When cool enough to handle but still warm, cut into quarters.
2. **For the dressing:** Place the ingredients in a bowl and whisk until combined. Season well.
3. Place potatoes in a bowl with the chopped onions and pour the dressing over. Toss well to combine.
4. Cook the streaky bacon in a pan until crispy, remove and blot on paper towel, then roughly chop.
5. Add the salmon slices, bacon and parsley to the potato mixture, stir to combine and season well.
6. Divide mixture between 4 plates and sprinkle with extra parsley.

CHICKEN & BUTTERNUT

Serves 4

INGREDIENTS

- 5 chicken breast fillets, skin on, roasted
- 1 small butternut, sliced and roasted
- 100g wild rocket
- 6 figs, halved or quartered
- 100g pomegranate rubies
- 4 candy-striped beetrots, thinly sliced
- 1 whole pomegranate, quartered

For the dressing

- 2 tsp Dijon mustard
- 2 tsp apple cider vinegar
- 1 tsp sugar
- $\frac{1}{3}$ cup olive oil

METHOD

1. Chop the cooled chicken into small portions. In a bowl, toss the chicken, butternut, rocket, figs, pomegranate rubies and sliced beetroot together.
2. ***For the dressing:*** In a bowl, whisk the mustard, vinegar and sugar together. Slowly whisk in the olive oil until combined.
3. Divide the salad between serving plates and drizzle with dressing. Serve with quartered pomegranate.



PORK & NOODLE

Serves 4

INGREDIENTS

- 600g pork fillet
- ¼ cup sweet chilli sauce
- 2 tbsp butter
- 1 x 565g tin lychees, drained
- 150g sugar snap peas, blanched
- 150g instant noodles, broken into bits
- 1 cucumber, thinly julienned
- 120g baby butter lettuce
- 100g cashew nuts, toasted & chopped
- Fresh mint to garnish

For the dressing

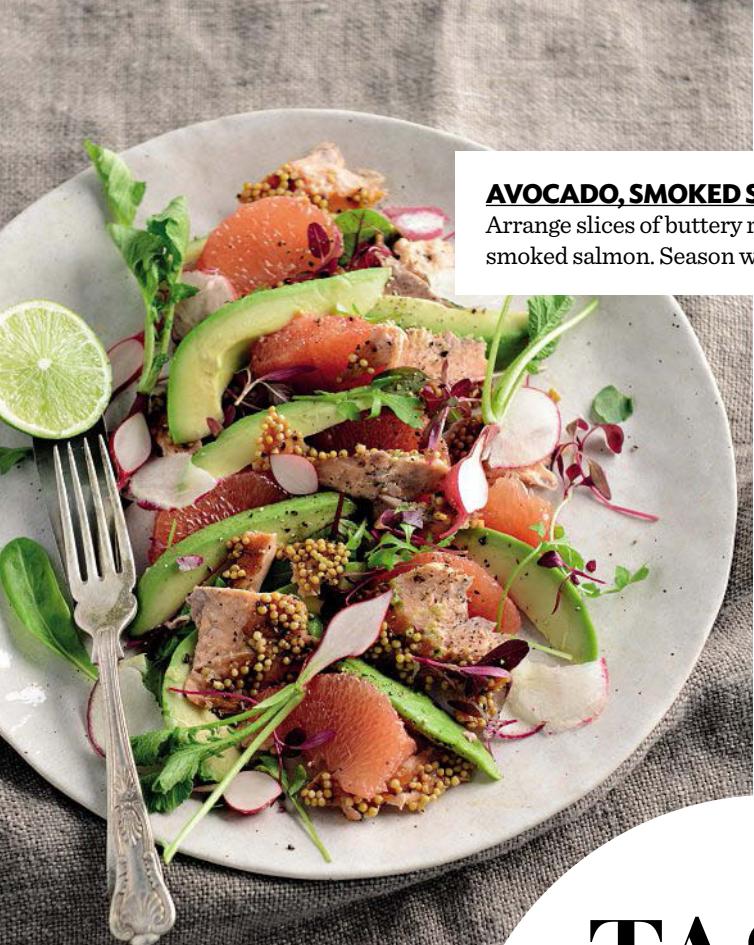
- 2 tbsp sesame oil

- 2 tbsp soy sauce
- 2 tsp sugar
- Juice of 1 orange

METHOD

1. Preheat oven to 180°C. Place the pork in a dish and rub in sweet chilli sauce. Heat the butter in an ovenproof pan, add the pork and cook for 10 minutes, adding a little water to the pan if necessary. Place the pan in the oven and roast for 15–20 minutes or until the pork is cooked through. Allow the pork to stand for 5 minutes then slice thinly on the diagonal.
2. In a bowl, toss together the lychees, sugar snap peas, noodles, cucumber and lettuce leaves. Pour dressing over and stir to combine then add sliced pork.
3. **For the dressing:** Combine all ingredients in a bowl and whisk together.





AVOCADO, SMOKED SALMON AND PINK GRAPEFRUIT SALAD

Arrange slices of buttery ripe avocado with pink grapefruit segments and radishes on sliced smoked salmon. Season with black pepper, garnish with microgreens and serve.

AVOCADO POTATO SALAD

Toss 1-2 large avocados with 500g boiled new potatoes and 1-2 tablespoons of white vinegar. Season with freshly ground black pepper, garnish with chopped chives and serve.



TASTY AVO SALADS

Create fresh and delicious salads by simply adding AVOCADOS.



AVOCADO DEVILED EGGS

Boil, peel and halve 6 eggs. Remove the yolks and mash together with 1 small avocado. Season with salt, pepper and dukkah, then fill the egg whites with the mixture and serve.

ADD AN AVO TO YOUR SALADS AND MEALS TO BOOST YOUR DAILY INTAKE OF MONOSATURATED FATS AND ESSENTIAL NUTRIENTS SUCH AS POTASSIUM, FOLIC ACID AND VITAMIN C. AVOS ARE ALSO PROVEN TO BE HEART HEALTHY AND ARE ASSOCIATED WITH IMPROVED DIET QUALITY AND BENEFICIAL NUTRIENT INTAKES.



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MEATY TREATS

Warm your soul with succulently *SLOW-COOKED STEWS, PIES and SOUPS.*

BY TUMELO MUSHI-SEBOPA

PHOTOGRAPHS ROELENE PRINSLOO

SWEET & SPICY LAMB STEW

Serves: 4

Prep time: 2 hours

INGREDIENTS

- 3 tbs oil
- 1kg lamb knuckles
- 2 onions, finely chopped
- 2 tbs medium curry powder
- 1 tbs chilli flakes
- 4 tbs hot chutney
- 4 cups beef stock
- 1 butternut, cubed
- 1 sweet potato, cubed



METHOD

1. In a large saucepan, heat the oil and brown the lamb knuckles in batches. Remove and set aside.
2. In the same pot, sauté the onions for two minutes. Add curry powder and chilli flakes, and return the knuckles and stir for about 5 minutes.
3. Add chutney and beef stock, and bring to the boil. Reduce heat and simmer for about 1½ hours.
4. Add the butternut and sweet potato, and simmer until the vegetables are cooked through. Serve with dumplings.



BLACK PEPPER PIES

Makes 6 small pies

Prep time: 2 hours 15 minutes

INGREDIENTS

- 3 tbs oil
- 1kg chuck, cubed
- 2 packets brown onion soup
- 4 tbs cracked black pepper
- 2 brown onions, finely chopped
- 2 garlic cloves, crushed
- 200g mushrooms, sliced
- 3 cups beef stock
- 1 tsp ground black pepper
- 1 sheet store-bought pastry
- 1 egg, beaten

METHOD

1. In a large saucepan, heat the oil and brown the chuck on all sides, then season with soup powder.
2. Add the onions and sauté until golden brown. Add garlic and mushrooms, and cook for about two minutes.
3. Pour in the beef stock and bring to boil, and then reduce heat and simmer on medium for 2 hours.
4. Preheat oven to 180°C. Grease 6 pie dishes and load with filling.
5. Roll out the pastry and cut 6 round discs slightly wider than the pie dishes. Place the discs over the dishes and press the edges against them. Brush the pastry with a beaten egg, and bake for 15 minutes or until golden brown. Leave to cool before serving.

Ed's tip

To make delicious soup, add 4 cups of beef stock to leftover stew and simmer for 30 minutes.

BEEF AND LENTIL SOUP

Serves: 4

Prep time: 2 hours

INGREDIENTS

- 3 tbs oil
- 2 onions, finely chopped
- 2 tbs garlic, crushed
- 1kg beef bones with marrow
- 2 tbs flour
- 4 cups beef stock
- 1 cup red wine
- 1 cup lentils, soaked
- 1 can red kidney beans
- 1 can butter beans
- Dried onion

METHOD

1. In a saucepan, heat the oil and sauté the onions and garlic. Add the bones and flour, and stir.
2. Pour in the beef stock, red wine and lentils. Bring to the boil and then reduce heat and simmer for 2 hours.
3. Add the beans and cook until the soup thickens slightly. Garnish with dried onion and serve with ciabatta.



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*Create wholesome lunch boxes with rich and creamy
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SALAMI AND CHEESE OPEN SANDWICH

On toasted bread, layer lettuce leaves, tomato, salami and *Lancewood* cheese slices. Bon appétit!



CHEESE CAESAR SANDWICH

Layer toasted bread with *Lancewood* cheese slices, bacon, avocado and smoked chicken for a filling lunch.



SALMON AND CHEESE WRAP

Overlay a toasted wrap with *Lancewood* cheese slices, lettuce leaves and salmon. Fold and enjoy.

SAVOURY HAM & CHEESE SANDWICH

INGREDIENTS

- ▶ 10 small savoury rolls, halved lengthwise
- ▶ 10 slices ham
- ▶ 1 tub 230g *Lancewood* cream cheese
- ▶ 10 *Lancewood* cheese slices
- ▶ ½ cup butter, melted
- ▶ 1 tbsp Worcestershire sauce
- ▶ ½ cup chopped onion
- ▶ 2 tbsp sesame seeds

METHOD

1. Preheat oven to 180°C. Spray the baking dish with a non-stick cooking spray. Spread *Lancewood* cream cheese on the bottom halves of the rolls and layer each with a slice of ham and *Lancewood* cheese slices. Close the sandwich.
2. In a medium bowl, combine butter, Worcestershire sauce and onion and pour evenly over sandwiches. Sprinkle sesame seeds.
3. Cover sandwiches with foil and bake for 25 minutes. Serve warm.



VERSATILE AND CONVENIENT

Lancewood processed cheese slices are made with superior-quality cheddar and sweetmilk and are sliced extra thick for added taste and goodness. These versatile slices make for effortless cooking and are perfect for burgers, sandwiches and on-the-go snacks. The resealable pack ensures that none of the cheesy goodness is lost.

For more *Lancewood* recipes visit www.lancewood.co.za



ITALY under African SKIES

EAT the ITALIAN way under OLIVE TREES
at one of Jozi's trendiest spots.

BY TUMELO MUSHI-SEBOPA

PHOTOGRAPHS GRAEME WYLLIE

44 Stanley is a fashionable and lively complex with speciality boutiques, a food emporium and interior design studios. It's a haven for people who want a relaxed atmosphere and a different experience to what most Joburg malls have to offer.

The space is made up of renovated buildings and garages, among them the tranquil Il Giardino, one of the best Italian restaurants in the city. After a warm welcome, I chose to sit outside where I could enjoy the warm winter sun. The cappuccino in a tall glass really lifted my morning.

The main dining area, The Room, is enclosed with folding glass doors, and features flower decorations and bird cages on the roof.

Its Italian-inspired long tables make dining a family affair, as Italians love to eat together in large groups. This is also where most of the private functions and weddings are held. When there's a wedding, the patio is turned into a dance floor.

Il Giardino serves mainly Italian food, but it has also introduced South African dishes to the menu. Light lunches and cakes are also on offer.

It was a cold winter's day when *True Love* visited, so we went for high-carb Italian dishes. For starters, we ordered the antipasto misto and bruschetta platters.

My colleagues and I then opted for pizza – one with anchovies and capers; and one with ham, olives, mushrooms and artichokes. We then tasted a spaghetti dish and some gnocchi in a rich Gorgonzola sauce.

These dishes and more can be paired with a selection of fine South African wines. The eatery also sells olive oil produced at Kransfontein Estate in Stilbaai, and is kept on site in stainless steel barrels. Craft beer lovers are also catered for amply.

Il Giardino is open Tuesday to Saturday from 12pm till late, and on Sundays from 11.30am to 5pm.

For more information call 011 482 4978.



Antipasto misto platter

A selection of coppa ham, prosciutto and chorizo accompanied with cheese, Peppadews, olives, artichokes and sun-dried tomatoes.



GORGNZOLA GNOCCHI

Serves 2

- 2 potatoes, peeled and cubed
- 1 butternut, peeled and cubed
- 1 cup flour
- 500g Gorgonzola, cut into chunks
- 1/4 cup butter
- 1/2 cup heavy cream
- 1/4 cup shaved Parmesan
- 100g prosciutto, grilled

METHOD

1. Boil the potatoes and butternut separately in salted water and mash. Mix 1/2 cup flour with the potatoes and knead to form a dough. Divide into two pieces and roll into thick logs. Cut into pieces and press with a fork. Dust with flour to avoid sticking. Repeat this method with the butternut.
2. Bring a large pot of salted water to the boil and drop in the gnocchi dough. Cook until the gnocchi rises to the top. Remove using a slotted spoon.
3. In a saucepan, melt the Gorgonzola, butter and cream on medium heat. Combine gnocchi with the cheese sauce and serve sprinkled with Parmesan shavings and grilled prosciutto.



Bruschetta platter

Grilled Italian bread, marinated peppers topped with Parmesan shavings, creamy herb ricotta with salami, tomatoes and mozzarella.



IL GIARDINO IS
PERFECT FOR
OUTDOOR DINING.



SPAGHETTI AGLIO OLIO PEPERONCINO

Serves 2

- 200g spaghetti
- 2 tbs chilli
- 2 cloves garlic, crushed
- 1 cup anchovies, chopped
- 1/2 cup parsley, finely chopped
- Drizzle olive oil

METHOD

1. Boil the spaghetti in salted water until al dente.
2. In a saucepan, mix the chilli, garlic, parsley and anchovies, and heat and simmer for 5 minutes. Add the spaghetti, toss together, and drizzle with olive oil.



NAPOLI PIZZA

Serves 6

INGREDIENTS

- 1½ cups flour
- 1 tsp dried yeast
- ½ tsp salt
- ¾ cup lukewarm water
- 2 tsp olive oil
- 1 cup tomato pizza sauce
- 1 ball mozzarella, sliced
- 4 cloves garlic, crushed
- ½ cup fresh oregano, chopped
- ½ cup capers
- 1 cup anchovies

METHOD

1. Mix dry ingredients together and knead into a soft dough. Leave to rise. Divide into 2 equal portions.
2. Lightly flour a surface and place the first portion. Roll out to form a circle 2mm thick. Transfer on to greased baking tray. Prick with a fork and spread the tomato pizza sauce. Leave in a warm place to rise for about 10 minutes.
3. Bake in a preheated oven for 6-10 minutes. Remove and top with mozzarella, garlic, oregano, capers and anchovies. Bake for another 2-5 minutes until cheese melts. Serve.



QUATTRO STAGIONI PIZZA

Serves 6

- 1½ cups flour
- 1 tsp dried yeast
- ½ tsp salt
- ¾ cup lukewarm water
- 2 tsp olive oil
- 1 ball mozzarella, sliced
- 2 cups mushrooms, sliced
- 1 cup artichokes, roughly chopped
- 2 cups ham, chopped
- 1 cup olives, pitted and halved

METHOD

1. Mix all dry ingredients together and knead into a soft dough. Leave to rise. Divide into 2 equal portions.
2. Lightly flour a surface and place the first portion. Roll out and form a circle 2mm thick. Transfer on to greased baking tray. Prick with a fork and spread the tomato pizza sauce. Leave in a warm place to rise for about 10 minutes.
3. Bake in a preheated oven for 6-10 minutes. Remove and top with mozzarella, mushrooms, artichokes, ham and olives. Bake for another 2-5 minutes until cheese melts. Serve.

A BOWL OF GOODNESS

Crammed full of the finest ingredients, ALL GOLD helps you create delicious soups with a variety of herbs, spices, vegetables and fresh tomatoes for your convenience.

MINESTRONE SOUP

Serves: 4

Prep time: 1 hour

INGREDIENTS

- 1 tbsp olive oil
- 1 tbsp butter
- 2 onions, finely chopped
- 3 carrots, chopped
- 3 celery sticks, chopped
- 2 large potatoes, cubed
- 2 garlic cloves, crushed
- 50g **All Gold Tomato Paste**
- 1 cup long grain rice
- 5 cups vegetable stock
- 2 tins **All Gold Aubergine and Courgette Mediterranean Style Diced Tomatoes**
- Salt and pepper to taste

METHOD

1. Heat oil and butter in a large pot. Add onions and cook until soft and golden brown. Add carrots, celery, potatoes and garlic, and cook for 3 minutes.
2. Add **All Gold Tomato Paste**, cook for another minute. Add rice and stir for 2 minutes to combine well.
3. Add **All Gold Aubergine and Courgette Mediterranean Style Diced Tomatoes** and vegetable stock, bring to the boil and reduce heat. Leave to simmer semi-covered for 45 minutes. Season to taste and garnish with parsley and parmesan cheese.



MUSIC

**LUPE FIASCO**

TETSUO & YOUTH
(SONY MUSIC)

When most rap artists have opted for the crowd-pleasing "turn up" rap scene, Lupe has stayed true to his conscious rap roots, delivering yet another critically acclaimed album. Features from Ab-Soul add to the ingenuity of this album. Standout tracks like Dots & Lines, Mural and Deliver attest to this.

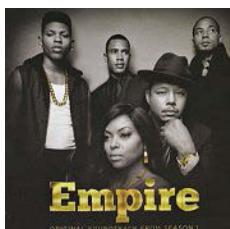
Rating: 4/5 - Ntokozo Brian Mahlaba

**JOSH GROBAN**

STAGES (SONY MUSIC)

Josh takes us on a musical journey with a selection of smooth, classic and theatrical songs from musicals like *Phantom of the Opera*, *Les Misérables* and *The Wizard of Oz*. There's no added twist to the music and the album lacks more up-tempo tracks, yet it's still enjoyable.

Rating: 4/5 - Given Zondi

**EMPIRE**

SEASON 1 ORIGINAL SOUNDTRACK
(SONY MUSIC)

This 11-track compilation of all your favourites from the Fox hit series *Empire* will leave you wishing Season 2 was already on air. With tracks featuring Jennifer Hudson, Courtney Love, Estelle and Juicy J, this is an album every fan should have.

Rating: 4/5 - Zamahlasela Gabela

BOOKS

**THE ANCHORESS**

by Robyn Cadwallader (R245)

This novel is mysterious and intriguing. When Sarah decides to become an anchoress at a village church, she moves into a tiny room and commits herself to God. But she realises that she can't forget. Conflicted, she navigates her way through pain and the pressures of marriage.

Rating: 3/5 - Zamahlasela Gabela

MOVIES

**MINIONS**

The minions' journey from the beginning of their existence sees them in a quest to find a master. They meet Scarlett Overkill, a villain like no other, who puts them on a mission to steal Queen Elizabeth's crown. The little creatures take over England with much adventure and fun.

Rating: 4/5

Distributor: UIP

Release Date: 10 July

**MAGIC MIKE XXL**

Following on the heels of the super sizzling first movie, the male strippers decide it's time to take a bow from this life and embark on a final tour. On their way to the show, they learn new moves and reconcile with their pasts. Mike, who retired in the first movie, joins them. New faces include Jada Pinkett Smith and Stephen "tWitch" Boss, to name a few.

Rating: 3/5

Distributor: Times Media Films

Release Date: 1 July

**LIFE OF CRIME**

This crime comedy centres on a corrupt real estate agent played by Tim Robbins. In his pursuit to get rid of his wife by divorcing her for his younger mistress, the wife (Jennifer Aniston) is kidnapped. Her abductors are surprised to find out that her husband is not willing to pay the \$1 million ransom they want, and things get complicated.

Rating: 3/5

Distributor: SKE Independent

Release Date: 10 July

**SUMMERTIME**

by Vanessa Lafaye (R306)

World War I soldiers return home to find that they've been forgotten by the US government and left destitute. One of the veterans, Henry, finds himself in danger after a group of angry men resort to racial violence. Lafaye writes this horrifying story based on real events beautifully.

Rating: 3/5 - Percy Matshoba



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BY ANGELIQUE SALA

**Cancer****Cancer**

(21 Jun – 22 Jul)

Exaggerating your capabilities could put you in a spot of bother. You can be as impressive with the truth. Some situations push your buttons beyond the normal limits. Take yourself out of the firing line around the middle of the month, as an emotional rollercoaster could throw you off balance.

Love: Add some high-end events to your social calendar; you need a touch of glitz. Be wild and in charge in the bedroom. If you do it right, it might just take lovemaking to the next level.

Work/Money: Crank up your goals. You seem to say the right things at the right moment; use your timing to get your way.

**Aquarius**

(20 Jan – 18 Feb)

Some of your ideas need to be revised. Turn some ingrained beliefs on their head and you might just discover a better way to do things.

Love: The love arrow is aligned to strike your heart in the first few days of the month. Feeling lucky? Buy a lotto ticket.

Work/Money: Great opportunities come your way from the 19th. You have so much drive, there's no stopping you.

**Pisces**

(19 Feb – 20 Mar)

Put your ideas into action. Since you're feeling so energised, sign up for fun activities.

Love: From the 19th, put yourself out there – open your heart and beautiful things might happen.

Work/Money: Work traumas subside as you create structure and parameters.

**Aries**

(21 Mar – 19 Apr)

While you're having fun, avoid taking risks. Stay away from trouble. The unexpected keeps you on your toes so keep it real.

Love: Love will knock on your door so be ready to answer. If possible, avoid any surgical procedures after the 15th.

Work/Money: Keep all transactions above board around mid-month. Things could get complicated; have all the facts.

**Sagittarius**

(22 Nov – 21 Dec)

Responsibilities are overwhelming, but only until the end of July. From the 19th, put a new exciting plan in motion.

Love: You can talk your way into anyone's heart. If in a relationship, try writing poetry or dream up fun surprises.

Work/Money: Pay your bills. If issues relating to your finances hit boiling point, rather get expert advice. Step back and get perspective.

**Taurus**

(20 Apr – 20 May)

There are a few things you need to change to clear your path to better things. Best you get to it.

Love: This is your love month, so go out there and melt a few hearts. From the 25th, reconsider what you really want.

Work/Money: A sense of opportunity and possibilities keep you on your toes. Talk your way to where you need to be, as you can be very convincing.

**Gemini**

(21 May – 20 Jun)

Keeping up with your conversation speed is challenging, but this month, the nebulous planet slows the chatter, making you sound sleepy.

Love: Head to the kitchen and spoil your love with nurturing yumminess. Avoid being critical as it will spoil the mood.

Work/Money: The challenge is on and you won't back down; you don't plan to rest until you bring home the prize. ■

**Virgo**

(23 Aug – 22 Sep)

You might feel you're being tested during the middle of the month. Keep calm and stay in the zone. Your social calendar is bursting, prioritise.

Love: Communication can be a challenge, especially if you aren't being honest. State your case instead of keeping quiet.

Work/Money: You're confident. From the 19th, be bold and you'll shine; use it to step out of your comfort zone.

**Libra**

(23 Sep – 22 Oct)

Take networking to the next level when you engage with people. Your lucky star keeps you company all month long.

Love: An old flame makes an appearance; if things haven't changed, don't be tempted to get caught in old habits.

Work/Money: Go full tilt; you don't need direction. But there might be a speed bump on the horizon if you think you don't have to be accountable.

**Capricorn**

(22 Dec – 19 Jan)

Just when you think you've resolved matters, other things crop up. Slow down so as to make the right decision.

Love: If single, drop the shy approach and flirt outrageously. If in a relationship, add wild activities into your love calendar.

Work/Money: You're able to negotiate your way into a place of reward. Your mind's on the money; make it happen.

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THE GO-GETTER

Social entrepreneur and businessman
THABANG SKWAMBANE, 39, opens up
about the long road to success.

BY ZAMAHLASELA GABELA

I've always had a passion for entrepreneurship, and I knew from a young age that I was going to be in business. When I left the University of Cape Town with a BCom degree in accounting sciences, I tried to be an entrepreneur and failed, so I went into banking, where I gained confidence and learnt what it takes for a bank to fund a business.

The quality of the people around you defines the success your business will achieve. In my first business, we all let one another down and it failed. It was a web development company, and we did a lot of e-commerce platforms and online systems for a supermarket. The business that succeeded focused on healthcare, specifically HIV – we wanted to save lives.

I joined advertising giants FCB earlier this year. To succeed in the advertising industry, you've got to have great relationships with your clients and understand what they need. You also need a strong team, because every facet and component of the team needs to work hard. The finance part, which is where I fit in as the managing director, is to try to support my people, giving them tools to focus on the work and be creative. FCB has been very successful, and I'm really lucky to have taken on a role like this.

One of the highlights of my career was when I cycled alone and unsupported to Mount Kilimanjaro in Tanzania and summited it for the Lonely Road Foundation to raise awareness for orphaned children. When it started in 2007, we were supporting 64 kids, and now we assist 4 000.

I am driven by people. Former chief executive of the JSE Russell Loubser once said: "I can't change much about the country, but I love my country, and all I can do is my best every single day. Then we will be successful as a collective." If everyone did that, we would be so successful. It's a powerful thing, and I ask myself daily: "What does my best look like today?"

I got my masters degree in public administration at Harvard's John F Kennedy School of Government in the United States in 2013. It was an amazing opportunity, but it was very expensive, so I had to sell my shares in my business to finance it. It was definitely worth it. I thought it would answer a lot of questions, but I had even more questions afterwards. Sometimes asking the right questions solves half the problem. I met some really intelligent people there, and it was one of those environments where I realised I'd missed a beat and started appreciating education.

In business, the most important thing I have learned is integrity. When you say something or do something, you must always have integrity with your words. ■

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